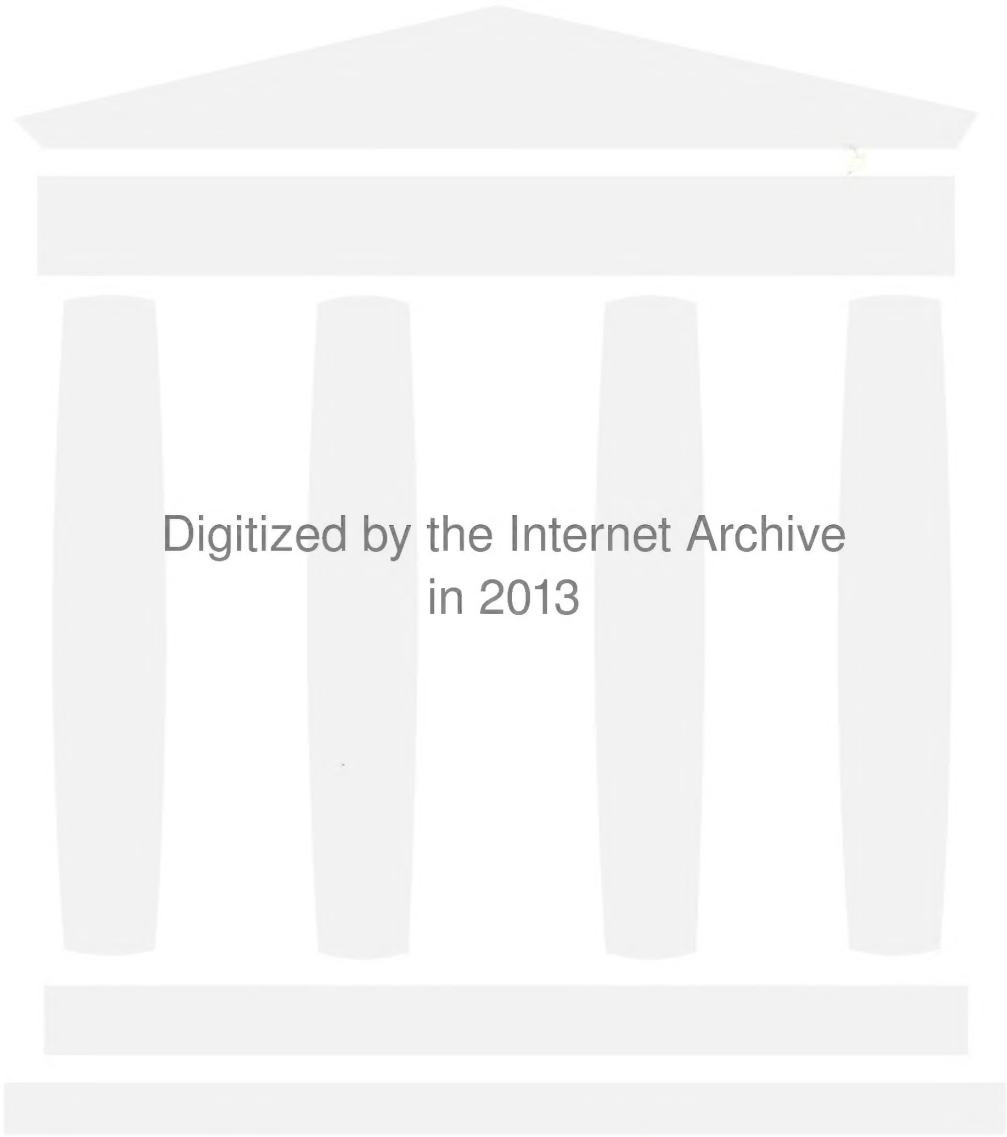

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Home Journal

JANUARY 2004

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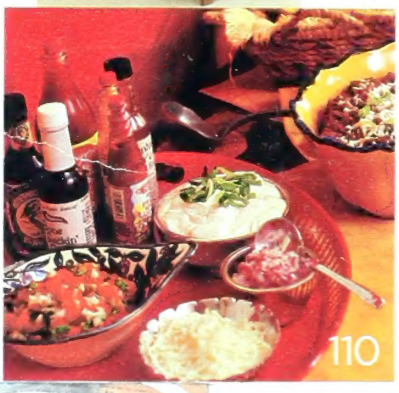
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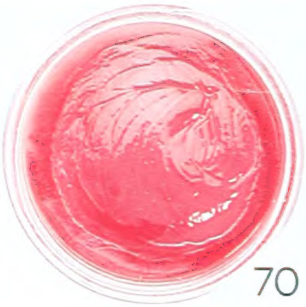


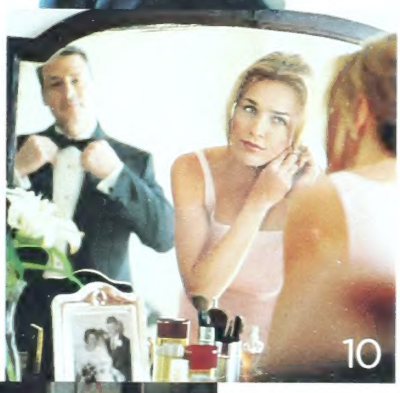
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welcome



One of the most essential needs for a happy family life is a roof over one's head. That might sound obvious, but it's something that a lot of families in America can't take for granted. That's why, starting last March, *Ladies' Home Journal* began a partnership with Habitat for Humanity International, and why we have profiled one family every month who has earned a home through Habitat's life-changing program.



Many hands build a house (above, from left) Cheryl Massey of Habitat, Tracy Gist, the new homeowner, Faith Massengale of Citigroup, and Lysa Ratliff of Habitat. (Left): Mayor Jose Torres, of Paterson

Habitat is a "hand up, not hand out" program; families selected must be able to pay a no-interest mortgage and must also give back a certain number of hours in "sweat equity" building Habitat houses for other families.

I thought you'd enjoy hearing about how we're bringing our partnership to life. This October, we built our first *Ladies' Home Journal* Habitat house in Paterson, New Jersey, in conjunction with Citigroup. The brand-new homeowner is Tracy Gist, 34, who recently adopted two boys, Jamar, 11, and Keshawn, 9, whom she has cared for as foster children since they were toddlers. On the day that we visited her house mid-construction, Tracy had just started a new job with the Paterson Board of Education.

Like so many Habitat families, Tracy and her boys had been living in substandard housing. Conditions in poverty-level housing, such as pests and poor construction, actually make family members sick—particularly children. All of us from *Ladies' Home Journal* and Citigroup who went to Paterson to help Tracy christen her new house were truly inspired: This house not only is a safe haven for Tracy and her boys, but it also represents a new beginning. The house literally becomes a foundation on which to build a fulfilling life, a front door becomes an entryway into the American dream.

Habitat, founded in 1976 by visionary Millard Fullard and wife Linda, has built more than 50,000 houses for families in the United States and more than 100,000 internationally. It's easy to appreciate the impact Habitat has when you look at it in microcosm, as we got to, up close in Paterson. Paterson was the nation's first planned industrial city, the brainchild of Alexander Hamilton, who wanted to decrease U.S. dependence on foreign goods. Paterson grew into one of our greatest industrial cities, becoming known as the Silk City in the mid 1800s, its most prosperous period. Sadly, by the 1960s, the city had fallen into financial and social collapse, and many homeowners simply walked away.

Today, Paterson is in the midst of a truly stirring revival. Under the passionate and indefatigable leadership of Paterson Habitat affiliate head Barbara Dunn and her big-hearted group of volunteers and staff, 150 Habitat houses were completed through 2003, with a goal of 50 more by the end of 2006. As a result, Paterson is being reborn, block by block. Dunn and Habitat have joined forces with Mayor Jose Torres, who has attracted $300 million in new investments for housing, schools and civic centers since taking office in 2002. Citigroup, as part of a multimillion-dollar national initiative, also reached out and is helping to rebuild the city from the inside out. Where once there was blight, there are now thriving neighborhoods peopled by proud and caring homeowners.

We at *Ladies' Home Journal* hope to build other Habitat homes, together with corporate partners, and with you, our readers. To learn how to get involved in your own towns and cities, go to *www.lhj.com/habitat* or *www.habitat.org/getinv/*. And tonight, when you turn out the lights in your own house, with your family tucked safely inside, take a moment to reflect on how much good flows from our homes. I know I did, when I got home, after my day in Paterson, and it's a lesson I won't soon forget.

Diane Salvatore

Diane Salvatore, Editor in Chief
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"I Can't Get Over His Two-Year Affair"



"My son just announced that he's getting married. But I can't share the joy of this moment with my husband, Greg," said Diane, 39, who runs a home-based stationery business. "We go through the motions of being this happy couple, but our marriage hasn't felt loving or intimate since his affair five years ago—or maybe for years before that.

"Greg was literally the boy next door. I'd had a crush on him since I was 13. He didn't pay any attention to me, though, until I was about 16, when he came home from college one weekend. We started dating and quickly fell in love.

"Actually, love was something of a foreign notion to me back then because I came from such a troubled home. My mother was an alcoholic and was abusive to my father. They divorced when I was 12; my younger brothers and I lived with my mother. Some days, after long nights out drinking, she wouldn't get out of bed. I remember being very worried that I'd have to take care of my brothers.

"Because I grew up in such a dysfunctional family, my dream was simple: I wanted to get married, have children and be happy. Even though I took classes at the local community college, I never liked school much. So when Greg asked me to marry him after his college graduation, I was more than happy to quit school and focus on him. He had landed a good entry-level job at an insurance company. We rented an apartment in our old neighborhood and, soon after our first anniversary, our son Scott was born. Peter came along 14 months later. Life was good: Greg enjoyed his work and was getting regular promotions; I had started my stationery business and was loving it. By the time Greg walked in the door each night, I'd have dinner on the table. We were happy, and to me it felt too good to be true. Maybe it was.

"Looking back, I think we started to have our first real fights about seven or eight years ago, when our son Peter was in junior high. Peter fell in with a bad crowd and started getting in trouble: skipping school, drinking and smoking pot. Once we caught him sneaking out the bedroom window when we thought he was asleep.

"Peter's rebelliousness pushed all of our buttons. I'm fairly strict, but Greg is like a Marine drill sergeant. We argued constantly about how to set limits and mete out punishment. For instance, when I found pot in Peter's room, I confronted him. Peter swore it was the first time he'd ever used drugs and that he'd stop. I felt I

BY MARGERY D. ROSEN



had to give him the benefit of the doubt, but Greg thought I was completely mishandling him. 'You're afraid of your own child,' he used to tell me. 'You're walking on eggshells with him!' Well, maybe I was, but I didn't have a clue what else to do. I was so absorbed with him, so worried about getting him back on track, I didn't realize how much our disagreements about how to parent our son were driving a wedge between Greg and me. Our communication was strained. We only bickered, never talked. By the time Peter was a high school sophomore, he had thankfully straightened himself out. But our marriage was a mess.

"Greg had started to work longer and longer hours. He'd always have a reason for why he had to make the later train, and I never questioned it. But he also started acting strangely—he seemed agitated, restless. Then the phone calls started. I'd pick up and someone would hang up.

"After about three months of this, clueless me finally started to wake up. I asked Greg if there was someone else, but he denied it. When I asked if anything was wrong, he'd say no. Then one day I was in the den, and for some reason I picked

up the phone and overheard him talking to a woman. I didn't catch the exact words, but I didn't need to. I heard her voice—and his pause when he knew I'd picked up. I knew right away that my suspicions were correct: He was cheating on me.

"I confronted him immediately and demanded he tell me everything, which he did. The woman, Amy, worked in another department in his firm. She was a divorced, single mother with three young children. And she pursued him. Obviously, he hadn't put up too much of a fuss. The affair had been going on for two years! Greg swore that he had ended the relationship and apologized profusely, but I was furious—and still had my doubts that the affair was truly finished.

"Tensions were high. We continued to fight; one night the argument was so intense that Greg walked out of the house and went straight to a local bar, which he never did. He got very drunk and was walking home when he tripped over a pothole and landed on his neck. It was a freak accident, and it left him paralyzed from the waist down. Miraculously, he got full movement back five months later. That period is a big blur. I had to take care of the boys *and* Greg, plus shuffle him back and forth to his rehab therapy sessions. The whole affair incident was placed on the back burner for a while.

"Today, five years later, Greg walks with a limp and gets pins and needles and numbness in his leg; otherwise, he's fine. But memories of his affair still pop into my head. I know Amy still works at his company, and he admits that he talks to her occasionally, insisting that she's the one who initiates the conversations.

"Preparing for Scott's wedding had pushed our problems to the forefront. I want to be able to enjoy this time in our life, and all the other family milestones, with an open, loving heart. I want to share these experiences with my husband. I just don't know how to make us feel close again."

"[redacted] months in rehab made me realize what a fool I'd been," said Greg, 42, a tall, muscular man with a soothing voice. "I know how lucky I am that I'm not in a wheelchair. And cheating on Diane—how stupid was that? There is no explanation other than I was in such an awful state of mind at the time.

"When this sexy woman came on to me, I caved"

"I feel horribly guilty for what I did to her. I knew it was wrong even when I was doing it, but I blocked out all sound judgment. Amy is an administrative assistant at my company. She's in a different department, but we'd bump into each other a lot. Sometimes we'd walk to the train station together. She came to me for help with her problems; I was her shoulder to cry on. Her husband had walked out on her and her three kids, and she saw me as the experienced father who could offer advice. Then it became more. I guess her interest in me fed my ego. Diane and I communicated so little back then. All we did was fight. So, when this sexy woman came on to me, I caved.

"Maybe my accident was God's way of punishing me. Who knows? Diane was an angel when I was in rehab. I was depressed for a long time, thinking about what I had done to Diane and the possibility that I'd never be able to walk again. Scott's engagement has been a total wake-up call for me. I need to get back on track with my marriage, put all the pieces of our family back together. I love Diane, but I hate the coolness between us. I've apologized over and over again, but I sense that she doesn't believe me. Whenever she asks me about Amy, I tell her everything. What else can I do? I can't look for a new job—in this economy and at my age, it's not so easy.

"I grew up next door to Diane. My family life was not as bad as hers—but it came close. I was the oldest of four, and my dad was an alcoholic who bounced from one job to another. Mom worked two jobs—delivering papers and as a cashier at the grocery. When Dad was drunk, he was an ogre. He backhanded us a few times. I couldn't wait to grow up and leave home.

"I was offered a football scholarship, which was my ticket out. My college years, and then when Diane and I started dating and first got married, were the best times of my life. She and I had so much fun together. I think she's right about when the problems began between us. Peter gave us a lot of grief. I thought she was letting him get away with murder. She'd harangue me for being too tough on him. We just couldn't get on the same page.

"That's when I started seeing Amy. I didn't like myself when I was doing it, but I did it anyway. Then I had my accident and I realized how close I'd come to losing everything. Since I've returned to work, I've seen Amy from time to time CONTINUED



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"I want to get back that connection we used to have"

and we talk, but there's nothing more to it. Still, she's a ghost in the room with us. Diane can't let it go.

"Now, so many wonderful things are happening to our family—Peter's doing well, and Scott is set to marry a lovely young lady. Diane and I both know we have so much to look forward to—retirement, grandkids. I want to get back that connection Diane and I used to have. How do I prove that to her?"

[redacted] were like many long-married couples who for various reasons, put their relationship on hold while they attended to the needs of raising a family," said the counselor. "On one level, they both believed they had moved past Greg's infidelity, yet the upcoming marriage of their son triggered feelings of longing and emptiness in both of them. They yearned to relive the joys of their 'old marriage,' yet neither knew how to rekindle the feelings they had lost.

"Part of the problem stemmed from their childhoods. Living with an alcoholic parent and having to handle grown-up responsibilities at an early age forced both of them to develop an unhealthy ability to tolerate emotional distress. The good news was that Diane and Greg knew what a happy marriage felt like, and I sensed that short-term counseling with specific suggestions they could put into practice immediately would help.

"Even though the affair was years ago, Diane was still beset with worries, still unable to trust, and she continued to feel threatened and insecure. They had never fully worked through the fallout of Greg's betrayal, since his accident forced them to focus solely on his recovery.

"I pointed out that some of the chilliness that both of them described in their relationship could be due to Diane's maintaining an emotional distance to protect herself against further pain. This wall was preventing her from re-establishing intimacy and from truly hearing and accepting Greg's heartfelt remorse. On the other hand, Greg felt resentful that, despite his apologies, he was still being rejected by Diane. He believed that the statute of limitations on his crime surely was up. When he sensed Diane pulling away, he pulled away, too.

"When I asked Diane, 'What do you need from Greg now?' she replied, 'I need him to stop talking to Amy altogether.' I agreed that was reasonable. Greg was reluctant to appear rude to Amy. So I coached him on what to say the next time she approached him: 'My marriage is the most important thing in the world to me, and my wife and I are working hard to make it stronger. When you come by my office, even to chat, it makes me uncomfortable, so please don't do it anymore.' When I asked Greg if he could say this, he said yes. When at the next session he reported that he had told Amy as much, Diane immediately relaxed.

"At this point, I suggested specific assignments that they could do to make each other feel special. These two plunged into this homework assignment, and found ways to treat each other nicely—leaving loving messages on each other's cell phones, giving backrubs, buying funny cards. The old feelings, they soon reported, were coming back.

"By their son Scott's wedding five months later, Diane and Greg were ready to end counseling. They told me they were feeling closer than they had in years, and their recovered happiness showed on their faces. Still, they admitted they had more work to do. I explained that a marriage can't move forward unless couples let go of past hurts. 'It's not that you pretend they never happened,' I explained, 'but as long as you both work on making changes in the marriage, when you let go of the pain, you are freer to connect to your partner in a more loving way.'"



"Can This Marriage Be Saved?" is the most popular, most enduring women's magazine feature in the world. This month's case is based on interviews with clients and information from the files of Susan Healy, R.C.S.W. (above), a marital therapist in Merrick, New York. The story told here is true, although names and other details have been changed to conceal identities. "Can This Marriage Be Saved?" is a registered trademark of Meredith Corporation.

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ake a new look at dairy.

A new year. A new you. Here's news that may make pursuing your resolution more enjoyable. Recent publications in leading journals suggest a link between **milk**, **cheese** and **yogurt** consumption and lower body weight. In another study, overweight adults on a reduced-calorie diet that included at least 3 servings a day of dairy products like milk, cheese and yogurt lost more weight than those on similar reduced-calorie diets with minimal dairy.

Dairy naturally provides calcium as well as protein and other essential nutrients that dieters need and might miss when cutting out certain foods from their diet. Preliminary data indicates that calcium may play a role in the body's natural system for burning fat.



So losing weight is really about three things: limiting the amount of calories and fat in your diet, getting exercise and eating the right things. And with regular and lower fat options, it's easy to make dairy part of your healthier lifestyle.

By replacing some of the current choices in your reduced-calorie diet with dairy foods you love like milk, cheese and yogurt, you can make it more enjoyable to stick to that New Year's resolution to lose weight. For more information

healthyweightwithdairy.com

AMERICA'S DAIRY FARMERS & PROCESSORS

2005 American Journal of Clinical Nutrition; Zemel MB, et al. NOV 5; 24(5):
Obese Adults' Lancaster, Lorrie Ms, Ing. Hong J. Ms, et al. 2005 Role of Calcium
Association Pereira MA, Jacobs DR, Van Horn L, et al. JAMA 291: no. 23: p. 2847-50. 2004 Dairy Consumption, Obesity, and the Insulin Resistance Syndrome in Young Adults: The CARDIA Study

Coping with Acid Reflux Disease?



How far have you gone to deal with heartburn? Have you ever tried propping up the head of your bed, avoiding your favorite foods or popping antacids like popcorn to avoid the pain of heartburn? Sheri Level, 51, of Grand Prairie, Texas, did all of these things and more during a 15-year heartburn journey. Although they helped a bit, the burning sensation in her chest did not go away.

The pain Sheri describes as "scorching" was caused by acid and other contents from her stomach repeatedly backing up or "refluxing" into her esophagus. She tried avoiding foods that triggered her symptoms, such as chocolate and citrus fruits, and headed to the local drug store regularly to restock her supply of over-the-counter remedies, but nothing seemed to help for long.

"I popped antacids six to eight times a day," Sheri says. "The symptoms would go away but soon return. Sleeping was difficult. It was awful."

Sheri's experience is not uncommon. More than 15 million Americans suffer daily from heartburn, the most common symptom of acid reflux disease, also known as GERD (gastroesophageal reflux disease). For years, Sheri continued trying to ignore or self-treat the heartburn and other symptoms that plagued her rather than seeing her doctor.

Finally, she decided enough was enough. Sheri saw a doctor about her condition and was diagnosed with acid reflux disease. She cut back on smoking and lost weight. In addition, her doctor prescribed PREVACID® (lansoprazole), a proton pump inhibitor that can help prevent the acid that causes the heartburn pain and heal the damage to the esophagus. Prescription medication coupled with lifestyle modifications helped Sheri manage her disease.

"With Prevacid and diet modifications, I feel much better," Sheri says.

If you or someone you love is experiencing heartburn two or more days a week, it is time to see your healthcare professional to work out an effective treatment plan.

– Jill Sklar

This is one person's experience. Your results may vary.

Sheri Level is the winner of the "Coping with Acid Reflux Disease" contest posted on Ladies' Home Journal's Web site and sponsored by PREVACID® (lansoprazole).

Jill Sklar is a freelance medical writer and the co-author of Eating for Acid Reflux: A Handbook and Cookbook for Those with Heartburn.

If you have frequent and persistent heartburn two or more days a week, despite treatment and diet changes, it could be acid reflux disease. Talk to your doctor or health care professional to see if prescription Prevacid is right for you. **For more information and a free trial offer of Prevacid, call 1-800-564-3673 or visit www.prevacid.com.**

About PREVACID® (lansoprazole)

PREVACID has the most approved indications and the most administration options of any proton pump inhibitor (PPI).

PREVACID is indicated for the treatment of heartburn and other symptoms of acid reflux disease for up to eight weeks as well as for the treatment of many other acid-related disorders.

Symptom relief does not rule out other serious stomach problems. The most frequently reported adverse events include diarrhea (3.6%), abdominal pain (2.1%), and nausea (1.7%). For further information about PREVACID, please see the brief summary of prescribing information on the adjacent page and visit www.prevacid.com.

PREVACID

HELP PREVENT THE ACID



If you have the that bother you

and take and drink

but your heartburn is still on

you should know about

If you suffer from persistent heartburn two or more

reflux disease or

- Help prevent the acid that causes heartburn pain
- Relieve heartburn for up to 24 hours
- Heal damage to the esophagus
- Stop the damage from coming back if presc

Your handbook on managing heartburn and acid reflux disease

Your guide to getting the most out of your next doctor visit

FREE 7-day trial certificate to use if your doctor prescribes Prevacid



PREV

PREVACID

PREVACID® SoluTab™

Rx only

PREVACID Delayed-Release Capsules, PREVACID SoluTab Delayed-Release Orally Disintegrating Tablets and PREVACID For Delayed-Release Oral Suspension are indicated for:

Short-Term Treatment of Active Duodenal Ulcer
Maintenance of Healed Duodenal Ulcer
Short-Term Treatment of Active Benign Gastric Ulcer
Healing of NSAID-Associated Gastric Ulcer
Risk Reduction of NSAID-Associated Gastric Ulcer
Gastroesophageal Reflux Disease (GERD)

Maintenance of Healing of Erosive Esophagitis
Pathological Hypersecretory Conditions, including Zollinger-Ellison Syndrome

CONTRAINDICATIONS

WARNINGS

WARNINGS

Pseudomembranous colitis has been reported with nearly all antibacterial agents, including clarithromycin and amoxicillin, and may range in severity from mild to life-threatening. Therefore, it is important to consider this diagnosis in patients who present with diarrhea subsequent to the administration of antibacterial agents.

SERIOUS ANAPHYLACTIC REACTIONS REQUIRE IMMEDIATE EMERGENCY TREATMENT WITH EPINEPHRINE, OXYGEN, INTRAVENOUS STEROIDS, AND AIRWAY MANAGEMENT, INCLUDING INTUBATION, SHOULD ALSO BE ADMINISTERED AS

PRECAUTIONS

General

Information for Patients

Phenylketonurics: Contains Phenylalanine 2.5 mg per 15 mg Tablet and 5.1 mg per 30 mg Tablet.

1 PREVACID Delayed-Release Capsules

USE IN OTHER FOODS AND LIQUIDS HAS NOT BEEN STUDIED CLINICALLY AND

WATER

- This product should not be given through enteral administration tubes.

Drug Interactions

Carcinogenesis, Mutagenesis, Impairment of Fertility

Pregnancy: Teratogenic Effects

Lansoprazole

Pregnancy Category C

WARNINGS

Nursing Mothers

Pediatric Use

observed in adults.

Use in Women

Use in Geriatric Patients

ADVERSE REACTIONS

Clinical

In Short-Term Placebo-Controlled Studies

Postmarketing

Postmarketing

Combination Therapy with Amoxicillin and Clarithromycin

Triple Therapy: PREVACID, amoxicillin, clarithromycin

ADVERSE REACTIONS section.

Laboratory Values

Abnormal liver function tests (increased SGOT (AST), increased SGPT (ALT), increased

ADVERSE REACTIONS section.

OVERDOSAGE

Distributed by: TAP Pharmaceuticals

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WATCH FOR IT



Smucker's® Strawberry Vinaigrette Dressing

INGREDIENTS:

- 1 cup **Smucker's Sugar Free Strawberry Preserves**
- ¼ cup balsamic vinegar
- ¼ cup Dijon mustard
- 1 teaspoon ground pepper
- ½ cup olive oil
- ½ cup water

DIRECTIONS:

In a medium bowl, using a wire whisk, whip together the preserves, vinegar, mustard and pepper, until thoroughly emulsified.

Gradually whisk in ½ cup olive oil, then water (more, if desired).

Makes 2½ cups.

0mg cholest[illegible]

SMUCKER'S

CONAIR

CONAIR GARMENT STEAMER

No more setting up ironing boards! Save on dry cleaning! **Conair** introduces the professional garment steamer stylists use on movie sets for home use on any fabric. It rolls around from clothes to drapes easily and steam smoothes and helps preserve even delicate fabrics. No more "burn" spots. Go pro!

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Simply send us your favorite recipe using any Florida's Natural® juice, and [illegible]. Four regional finalists will be selected for an all-expenses-paid trip to Orlando and our Grove House for the cook-off!

ONE GRAND PRIZE
$10,000 cash

THREE RUNNERS UP
$1,000 cash each

THIRTY HONORABLE MENTIONS
$50 cash and a Florida's Natural cookbook each

Visit **www.floridasnatural.com/contest** for more details and to submit your recipe.

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Parkay is [illegible] you the opportunity to support your family while also helping to feed [illegible]. You will have a chance to donate 25¢ to the foundation when you purchase any specially marked **Parkay** package. For more information, visit **www.parkay.com**.

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New Bumble Bee® Prime Fillet. More tuna, less water and no [illegible] unique "up[illegible] **www.bumblebee.com**

[illegible] events. Log on and check it out! **www.lhjpromo.com**

was this marriage saved?

Our Kids Drove Us Crazy

When Michael and Annette's children moved back home, Michael said the kids needed to find themselves, but Annette thought they should move on—and out. How did they find harmony under one roof?



"We're closer now than ever," says Annette, here with Michael and dogs Thelma and Rosi

Annette and Michael talk to their children on the phone almost every day. Mark, now 36, is a psychiatrist in Green Bay, Wisconsin. Robyn, now 35, lives in Denver; she's an accountant who's married with three children.

When we first met Annette and Michael Feinstein, they couldn't stop fighting about their "boomerang kids." Mark, then 26, and Robyn, then 25, had both returned home after college "with no intention of getting lives of their own," as Annette put it when we ran their story in May 1995. Even worse, their kids had brought four dogs between them, one of whom was accident-prone. "I'm tired of being a mother," lamented Annette, a retired schoolteacher who was ready to focus on herself—specifically to take dance classes and learn yoga. But whenever she raised the subject with Michael, a CFO for a national homebuilders company, he dismissed her, saying she should be more understanding because kids need to "find themselves." But after two years of a full house, Annette had had enough. She moved out.

"She says that they'll never be able to stand on their own two feet because I [illegible] and pamper them," Michael told us. "But I feel like I have to be their champion because Annette won't." Annette suggested they seek counseling with Susan Heitler, Ph.D., a clinical psychologist in nearby Denver, and Michael agreed. With Dr. Heitler's encouragement, Michael, now 68, acknowledged he needed to tell the kids to start looking for jobs; and Annette, now 67, moved back home. Within weeks, Robyn found a position in a CPA's office and a place of her own. By the following fall, Mark was in medical school and living on campus. Now, almost nine years later, we caught up with the Feinsteins to find out how freedom feels.

We retired to Phoenix not long after the kids moved out. Ever since they left, I've had the time and energy to do what I really want in life. I take painting classes, and I'm a certified yoga teacher. I also continue to see a therapist. I feel it helps strengthen my self-image.

We each keep evolving and growing and so does our relationship. We're independent in many ways, but we appreciate each other's interests. We have a great lifestyle. I'm consulting part-time. I play bridge often and take classes in philosophy and history.

BY SONDRA FORSYTH

Michael: The great thing is that Mark and Robyn are glad that Annette insisted that they grow up and move out. They see now that she wasn't being selfish, and so do I.

Annette: As a family, we're closer now than ever. I think that's because we all have our own lives and we're not in each other's hair.

Michael: And Annette and I are now on the same wavelength; I have to admit, she was so right about the pleasures of an empty nest.

Annette: Well, it's not exactly empty! We have the "granddogs"—Thelma and Violet, and two new puppies, Rosi and Luci. It's funny, but once the kids and *their* dogs were gone, I realized I missed having pets of my own. I'm still cleaning carpets from an accident or two, but I don't mind, because this time, it was my choice to have them. Life is a work in progress, and change is what it's all about.

For tips on maintaining a healthy marriage, go to: **www.lhj.com/marriageadvice**

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Delight in the exquisite taste of Gevalia Kaffe and all this can be yours for only $16.95—with no commitment.

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CONVENIENT BILLING upon receipt of each delivery. Prices of coffees vary from $5.55–$7.45. A shipping and handling charge will be added. You may pay upon receipt of each shipment or, for those using credit cards, subsequent shipments will be billed to your card. Coffee prices are subject to change.

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animal affairs



"Bless his heart, he's the sweetest thing in the world," says Martin of her current partner, Rommy

Partners in Crime Fighting

Canine "cops" pledge to protect their human partners—to the death, as Memphis police officer Jane Martin found out

Don't fall in love. That's the rule Jane Martin, 51, an officer with the Memphis Police Department K-9 unit, knows all too well. When training a new dog to work the streets with you, don't fall in love. The dog may not, after all, work out. Plenty of promising dogs aren't aggressive enough, or are too aggressive. So don't fall in love—until you know for sure.

This could be a problem. Because here's Rommy, a 2-year-old long-haired German shepherd. Martin has been training him for about six weeks, teaching him to bite padded arms, and taking him out on a few calls, "sniffing out bad guys," as Martin thinks of her work on the night shift. Rommy is already a pal. "How can I not fall in love with this dog?" she says. "Bless his heart, he's the sweetest thing in the world." As in most K-9/cop relationships, Rommy lives at home with Martin. He's already bonded with her three dachshunds, mutt, cockatiel and fish, not to mention all the wild birds she feeds and that one raccoon that visits regularly. Ideally, K-9 dogs are asked to play the seemingly impossible dual role of trusted pet and fierce warrior—to be the sort of dog who will kiss his master's nose, but also, when confronted with a criminal, will not hesitate to bare his teeth, sink them into an arm or leg, and hold on.

Rommy shows promise. Twice already, while in training outdoors, he has found the bad guy and grabbed his clothing. "He didn't back away," Martin says. "He's got tremendous courage—and confidence. He's got a bright career ahead of him."

She hopes this isn't wishful thinking. She needs Rommy to work out. She needs it as much as she's needed anything since she started on the Memphis K-9 unit 15 years ago.

Martin had been working as a beat cop for more than 10 years, always with human partners, when the chance opened up to work on the dog squad. She jumped at it—even though no woman at the Memphis Police Department had ever worked with a K-9 partner. But Martin was an animal lover since childhood, and she believed in the bond.

Looking back, she thinks maybe she needed the bond. Her life was falling apart at the seams. CONTINUED

BY JEANNE MARIE LASKAS


Because
older dogs
don't
commonly
get
dentures.
Pedigree
NEW!
HEALTHY MATURITY
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ogs over six often have more sensitive teeth and gums. That's why we're introducing an easy to crunch
og food—PEDIGREE HEALTHY MATURITY.™ From the experts at the Pedigree Center.



"You know, courage runs up and down the leash," Martin says

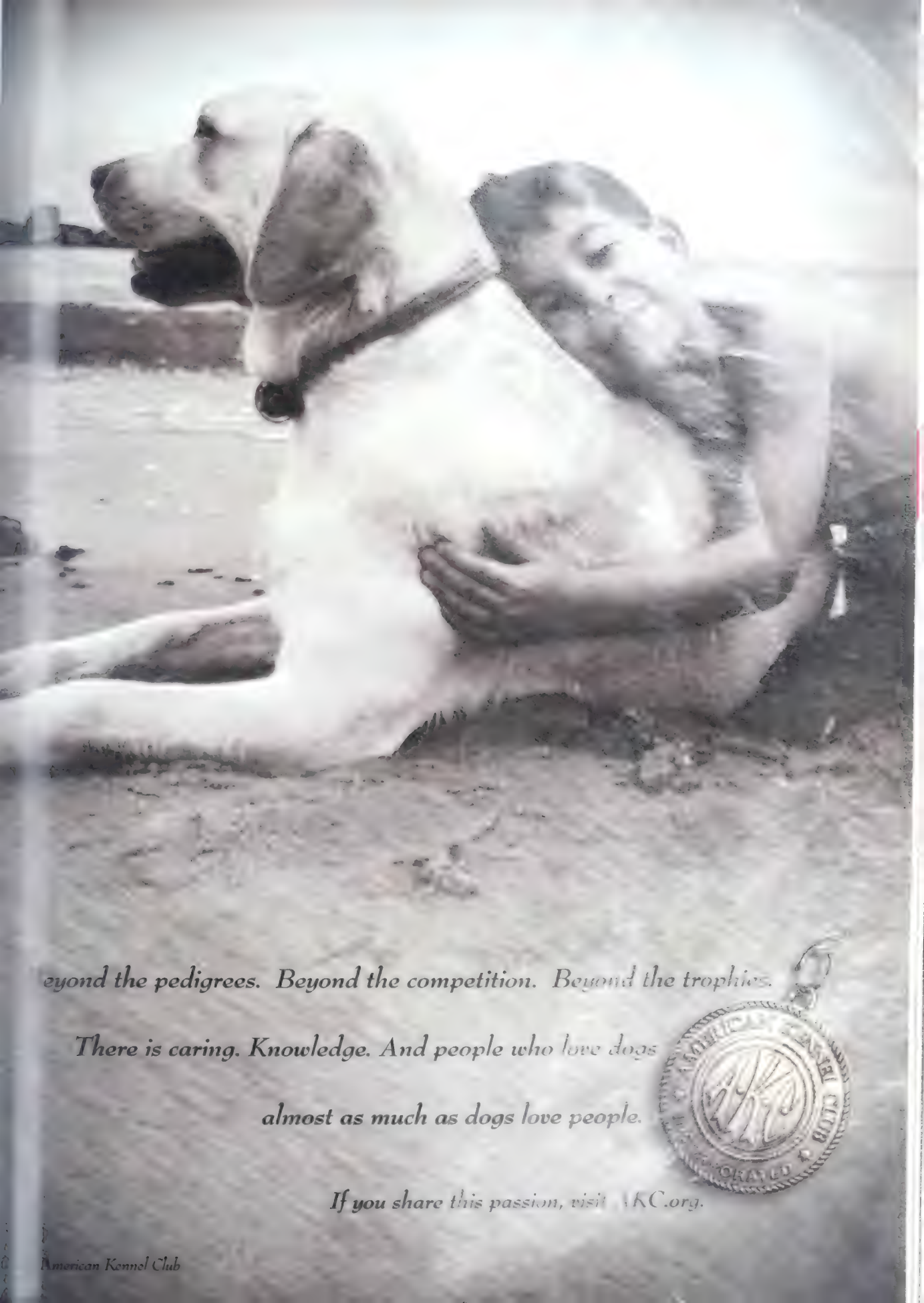
don't run. But wh
Bryan came out, t
officers ran. Bryan
tacked. "I cannot l
cats nor dog!" Mar
velled into her radi
"Has he exited th
building?" She hea
t shot. Then anothe
Then another. By th
time she got outsid
she found Bryan, a
ready dead—killed i
the sacred duty by a
other officer.

But police work
like war: Tragedy
commonplace. It's n
unheard of for K-
dogs to get harmed or killed by pa
icked or startled fellow officers. An
so Martin is working on forgivin
and forgetting.

Romany is her bright spot. "Mayb
I'm putting too much pressure o
him," she says. "He might not be Su
perdog, so I've got to go easy o
him. I'm trying not to be a mothe
hen. I'm really trying to stay guarded
and not let him into my heart." Bu
he's already in. And maybe love, i
the end, is the critical piece. "Yo
know, courage runs up and down th
leash," she says. "Romany gives it to
me, and I give it to him." So she has
decided: Yes, like Rocky and Bryan
this dog is going to work out.

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eyond the pedigrees. Beyond the competition. Beyond the trophies.
There is caring. Knowledge. And people who love dogs
almost as much as dogs love people.
If you share this passion, visit AKC.org.
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Security is a critical issue these days. Especially for high-profile leaders and dignitaries. No one understands this better than Mark Jones, Founder and CEO of a security-consulting firm. Mark is a man who earned the title of 'go-to guy' by being entrusted to jump from 13,000 feet with a former U.S. President. A man responsible for meeting different heads of state while serving as a Senior Aide to the 14th Chairman of the Joint Chiefs of Staff. Someone who started out as a cook but quickly learned to convert one challenging task after another into opportunity. A Master Sergeant from the U.S. Army Rangers who, day after day, brought honor to three simple words, "Complete the mission."

SENSE OF MISSION

– MARK "RANGER" JONES
UNITED STATES ARMY 1986-2003

family feast



Teen Sex, Drugs and Dieting

Same advice for panicked parents of adolescents from three generations of women in one family — ages 14, 45 and 70

1. My 15-year-old isn't eating or getting enough sleep, and she









is abusing over-the-counter diet supplements. What can I do to help?

PERRI, 45: Teenage girls exist, for the most part, in a world more concerned about their appearance than their health. Try to help her see that taking good care of her health is a show of maturity and a way of taking responsibility for herself. At the same time, acknowledge that she may not always make the choices you prefer. You may encounter resistance at first: I once had a 15-year-old patient doze off on the examining table when I suggested fatigue might be an issue! Pay close attention if the problems seem more serious. If you suspect that she's using laxatives or losing weight or living on caffeine should trigger a much more serious talk.

the girl will most likely interpret it as of the problem and productive to suggest solutions such as healthier eating or more exercise gling her out. I have a friend whose mom cooked separate meals—oatmeal for her and pancakes for her brothers—because this mother was so anxious about her daughter's weight gain. I don't think that left anybody feeling good. Remember that she'll know if you're being hypocritical: if you don't exercise, don't urge her to run laps. If she pays your suggestions no heed, take her to a dietitian in the hope that she'll listen to an expert. We complain about our moms nagging us, but we do take their opinions into consideration.

SHEILA, 76: Tell the girl that you are lack of sleep or moodiness from eating badly. Tell her that no one who feels terrible physically can be happy or enjoy life. On the other hand, ly are. I sleep- but somehow they did. Now , my children yell at me for

2. My daughter has a slightly boyfriend who I think is



"A 14-year-old is, without a doubt, too young to be having sex — and I say this as a 14-year-old"

"Morning pain can't keep me from doing what I love."



VIOXX PROVIDES POWERFUL 24-HOUR RELIEF OF OSTEOARTHRITIS.

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ONE PILL FOR ALL DAY, ALL NIGHT RELIEF.

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VIOXX specifically targets only the COX-2 enzyme, which is a key source of pain and inflammation. In clinical studies, once-daily VIOXX effectively reduced pain and stiffness.

TAKE WITH OR WITHOUT FOOD.

You don't have to worry about scheduling VIOXX around meals.

VIOXX IS NOT A NARCOTIC.

FIND OUT IF VIOXX CAN MAKE A DIFFERENCE IN YOUR LIFE.

Ask your doctor or healthcare professional about VIOXX today. Call 1-800-MERCK-30 for your free information guide on VIOXX, or visit **vioxx.com**.

YOUR RESULTS MAY VARY.

IMPORTANT INFORMATION ABOUT VIOXX.

People with allergic reactions, such as asthma, to aspirin or other arthritis medicines should not take VIOXX. In rare cases, serious stomach problems, such as bleeding, can occur without warning.

Tell your doctor if you have liver or kidney disease, or a history of angina, heart attack, or a blocked artery in your heart. VIOXX cannot take the place of aspirin for the prevention of heart attack or stroke. VIOXX should not be used by women in late pregnancy.

In clinical studies, commonly reported side effects included upper respiratory infection, diarrhea, nausea, and high blood pressure. Report any unusual symptoms to your doctor.

Please see the Patient Product Information for VIOXX on the next page for additional information that should be discussed with your doctor.

ONCE DAILY
VIOXX
(rofecoxib)

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Patient Information about
VIOXX® (rofecoxib tablets and oral suspension)
VIOXX® (pronounced "VI-ox")
for Osteoarthritis, Rheumatoid Arthritis and Pain
Generic name: rofecoxib ("ro-fa-COX-ib")

d read this information before you start taking VIOXX®. Also, read the ach time you refill your prescription, in case any information has changed. This leaflet provides only a summary of certain information about VIOXX. Your can give you an additional leaflet that is written for health professionals that contains more complete information. This leaflet does not take the place of careful discussions with your doctor. You and your doctor should discuss VIOXX when you start taking your medicine and at regular checkups.

What is VIOXX?

VIOXX is a nonsteroidal anti-inflammatory drug (NSAID) that is used to reduce pain and inflammation (swelling and soreness). VIOXX is available as a tablet or a liquid that you take by mouth.

VIOXX is a medicine for:
- relief of osteoarthritis (the arthritis caused by age-related "wear and tear" on bones and joints)
- relief of rheumatoid arthritis in adults
- management of acute pain in adults (like the short-term pain you can get after a dental or surgical operation)
- treatment of menstrual pain (pain during women's monthly periods)

Who should not take VIOXX?

Do not take VIOXX if you:
- have had an allergic reaction such as asthma attacks, hives, or swelling of the throat and face to aspirin or other NSAIDs (for example, ibuprofen and naproxen).
- have had an allergic reaction to rofecoxib, which is the active ingredient of VIOXX, or to any of its inactive ingredients. (See Inactive Ingredients at the end of this leaflet.)

What should I tell my doctor before and during treatment with VIOXX?

Tell your doctor if you are:
- pregnant or plan to become pregnant. VIOXX should not be used in late pregnancy because it may harm the fetus.
- breast-feeding or plan to breast-feed. It is not known whether VIOXX is passed through to human breast milk and what its effects could be on a nursing child.

Tell your doctor if you have:
- history of angina, heart attack or a blocked artery in your heart
- kidney disease
- liver disease
- heart failure
- high blood pressure
- had an allergic reaction to aspirin or other NSAIDs
- had a serious stomach problem in the past

Tell your doctor about:
- any other medical problems or allergies you have now or have had
- all medicines that you are taking or plan to take, even those you can get without a prescription

Tell your doctor if you develop:
- serious stomach problems such as ulcer or bleeding symptoms (for instance, stomach burning or black stools, which are signs of possible stomach bleeding)
- unexplained weight gain or swelling of the feet and/or legs
- skin rash or allergic reactions. If you have a severe allergic reaction, get medical help right away.

How should I take VIOXX?

VIOXX should be taken once a day. Your doctor will decide what dose of VIOXX you should take and how long you should take it. You may take VIOXX with or without food.

Can I take VIOXX with other medicines?

Tell your doctor about all of the other medicines you are taking or plan to take while you are on VIOXX, even other medicines that you can get without a prescription. Your doctor may want to check that your medicines are working properly together if you are taking other medicines such as:
- warfarin (a blood thinner)
- theophylline (a medicine used to treat asthma)
- rifampin (an antibiotic)
- ACE inhibitors (medicines used for high blood pressure and heart failure)
- lithium (a medicine used to treat a certain type of depression)

VIOXX cannot take the place of aspirin for prevention of heart attack or stroke. If you take both aspirin and VIOXX, you may have a greater chance of serious stomach problems than if you take VIOXX alone. If you are currently taking aspirin for prevention of heart attack or stroke, you should not discontinue taking aspirin without consulting your doctor.

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What are the possible side effects of VIOXX?

Serious but rare side effects that have been reported in patients taking VIO and/or related medicines have included:

- Serious stomach problems, such as stomach and intestinal bleeding, can oc with or without warning symptoms. These problems, if severe, could lead hospitalization or death. Although this happens rarely, you should watch signs that you may have this serious side effect and tell your doctor right aw
- Heart attacks and similar serious events have been reported in patie taking VIOXX.
- Serious allergic reactions including swelling of the face, lips, tong and/or throat which may cause difficulty breathing or swallowing a wheezing occur rarely but may require treatment right away. Severe s reactions have also been reported.
- Serious kidney problems occur rarely, including acute kidney failure a worsening of chronic kidney failure.
- Severe liver problems, including hepatitis, jaundice and liver failure, occ rarely in patients taking NSAIDs, including VIOXX. Tell your doctor if y develop symptoms of liver problems. These include nausea, tiredness, lo ing, tenderness in the right upper abdomen, and flu-like symptoms.

In addition, the following side effects have been reported: anxiety, blurr vision, colitis, confusion, decreased levels of sodium in the blood, depression, flu in the lungs, hair loss, hallucinations, increased levels of potassium in the blood, somnia, low blood cell counts, menstrual disorder, palpitations, pancreatitis, ringi in the ears, severe increase in blood pressure, tingling sensation, unusual headac with stiff neck (aseptic meningitis), vertigo, worsening of epilepsy.

More common, but less serious side effects reported with VIOXX have includ the following:

Upper and/or lower respiratory infection and/or inflammation
Headache
Dizziness
Diarrhea
Nausea and/or vomiting
Heartburn, stomach pain and upset
Swelling of the legs and/or feet
High blood pressure
Back pain
Tiredness
Urinary tract infection.

These side effects were reported in at least 2% of osteoarthritis patient receiving daily doses of VIOXX 12.5 mg to 25 mg in clinical studies.

The side effects described above do not include all of the side effects reporte with VIOXX. Do not rely on this leaflet alone for information about side effects Your doctor or pharmacist can discuss with you a more complete list of sid effects. Any time you have a medical problem you think may be related t VIOXX, talk to your doctor.

What else can I do to help manage my arthritis pain?

Talk to your doctor about:
- Exercise
- Controlling your weight
- Hot and cold treatments
- Using support devices

What else should I know about VIOXX?

This leaflet provides a summary of certain information about VIOXX. If you have any questions or concerns about VIOXX, osteoarthritis, rheumatoid arthritis o pain, talk to your health professional. Your pharmacist can give you an additiona leaflet that is written for health professionals.

Do not share VIOXX with anyone else; it was prescribed only for you. It should be taken only for the condition for which it was prescribed.

Keep VIOXX and all medicines out of the reach of children.

Inactive Ingredients

Oral suspension: citric acid (monohydrate), sodium citrate (dihydrate), sorbitol solution, strawberry flavor, xanthan gum, sodium methylparaben, sodium propylparaben.

Tablets: croscarmellose sodium, hydroxypropyl cellulose, lactose, magnesium stearate, microcrystalline cellulose, and yellow ferric oxide.

Issued August 2003

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Spots & Spills

The uninvited guests

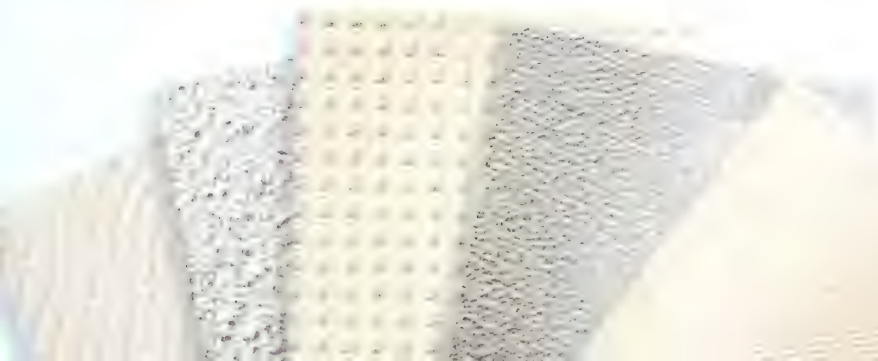


The holiday season is a time for parties, family and friends. It's also a time when spills can happen. Whether you're hosting a family dinner or a holiday party, welcoming guests into your home may mean inviting soil and stains.

You will not be left [illegible] of the mishaps [illegible] your home includes STAINMASTER [illegible] guests. All STAINMASTER [illegible] features the DuPont Advanced Teflon® Repel System [illegible] prevents liquid and dirt from soiling the carpet fiber. This means spilled [illegible] be gone faster than Grandma's homem[illegible]

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decision to have sex at such a young age, chances are she's not going to confide in you. Girls lie about their sex lives to just about everyone, and that probably includes you, too. If she does tell you, it's imperative that you not fly into a fit of rage. It's important to provide her with contraception information (or make sure it's being provided at school), because she may not know as much as she thinks she does. In my health class last year, a girl put forward a theory that if you have sex in a tree—*I'm not kidding!*—you can't get pregnant, because gravity will draw the sperm downward.

[illegible] You should know about it. But should does not mean will, so make sure your young teen knows about birth control, sexually transmitted diseases, and the heavy obligations of single motherhood. You should welcome her questions so she understands the complexity as well as the beauty and joy inherent in sex. In my mother's house, sex was a dirty word and we children grew up totally ignorant; with my own kids, I wasn't always comfortable, but I tried to keep the conversation going. Now that I'm a ribald old lady with more perspective, it's easy to discuss sex with my children and even grandchildren.

4. Is it ever okay to snoop in my teen's room? And if I find drugs or weapons, how can I bring it up?

[illegible]RI, 45: Parents sometimes come into my office asking if I can do urine tests on their teenagers to detect drug use—but without their knowing it. Or sometimes they ask if I can tell from an exam whether their daughter is still a virgin. I tell them to ask their children the questions they want answered, offer to be part of the conversation and, if necessary, refer them to a family counselor. I don't believe in snooping; in order to confront your child with what you've found, you reveal yourself as a sneak and lose moral authority and trust. If you think she's suicidal or planning something violent, you may break this rule, but that doesn't mean searching her room every time you suspect she's doing something you don't want her to. Diaries and journals are off-limits, but I favor some kind of monitoring of online activity, as long as your daughter knows you're doing it and on what terms.

JOSEPHINE, 14: Unless you think she's harboring machine guns or atomic bombs, there's absolutely no legitimate reason to invade her privacy without her knowledge. If you're truly worried and you have grounds to be suspicious, ask her, and if she doesn't reveal anything, bring her up to her room *with* you to look through her stuff. If you find evidence, take her to a guidance or rehab center. Searching through drawers and shelves—only in her presence—is the absolute maximum any parent is entitled to. Yes, kids do lie sometimes: One girl I know stores alcohol in soda bottles, and another keeps a fake diary for her mother's benefit. But a mother who reads her daughter's diary or censors her instant messaging conversations is committing a grave invasion of privacy; if discovered, it will most likely result in a serious lack of trust.

[illegible] Having grown up as one of three siblings sleeping in the same room, I respect and value privacy. Only if you have very good reason to suspect drugs or weapons do you have the right to violate your daughter's trust. Let her know that you're motivated by love and you're too scared to just stand by and allow her to put herself in such a perilous position.

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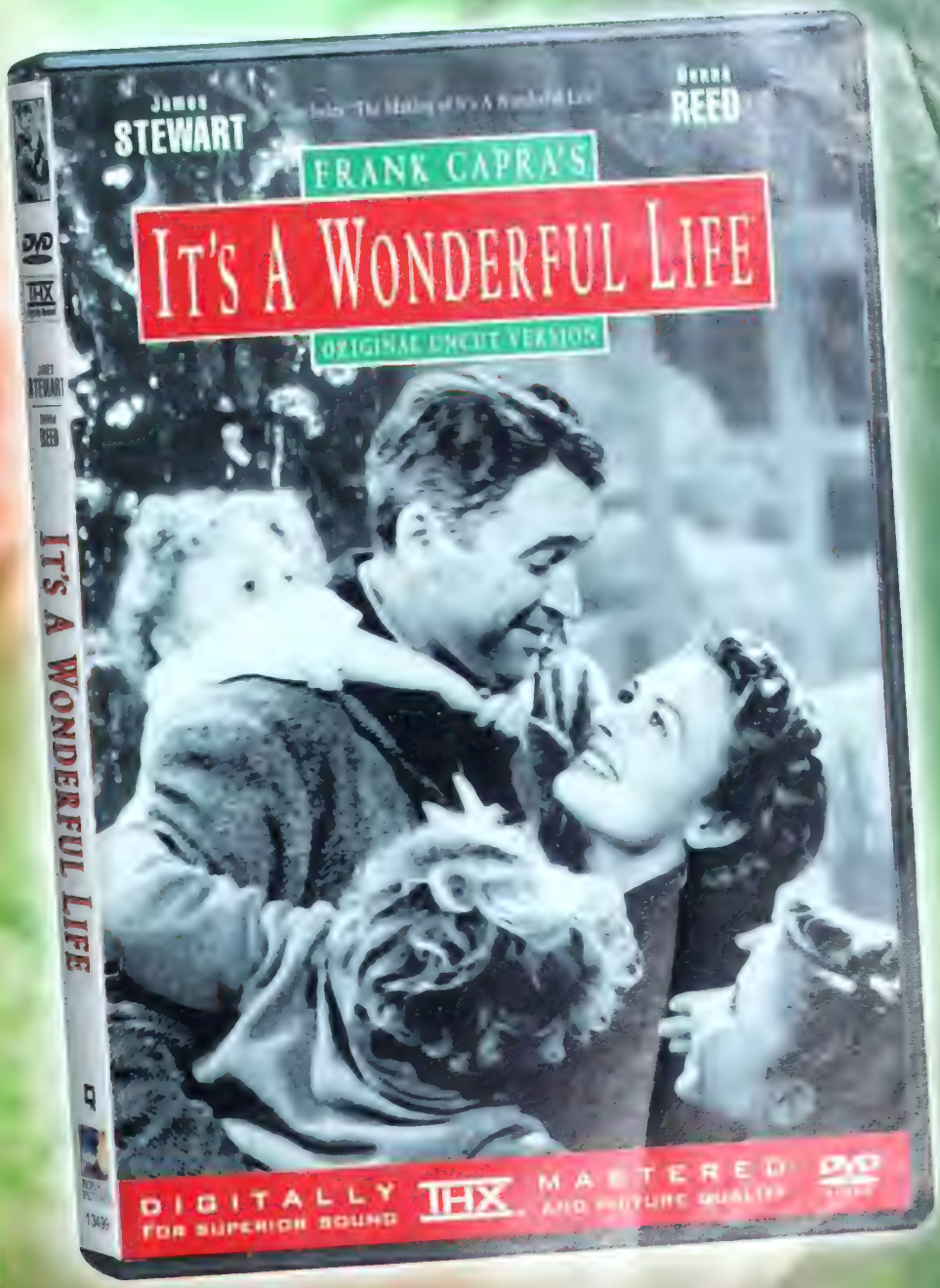
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For Jill and Steve Bergkamp, ringing in the new year doesn't involve popping champagne corks or clinking glasses. Instead, their celebration calls for pulling on hiking boots and hitting the trail with their sons

Brand New Day

The start of each new year is a special affair for me and my husband, Steve, and our two young sons, Riley and Brandon. First, we have a quiet—and very early—New Year's Eve dinner. Then it's off to bed, because our family's real celebration begins early the next morning with a hike in the breathtaking Santa Cruz mountains, which we are lucky enough to live nearby. We started the tradition five years ago when Riley was a newborn and Brandon was 2; Steve and I simply strapped each of the boys into front packs and started off in the crisp January air. Now, we start every new year with this challenging exercise. We don't have a set timetable—we hike as long as we all can, which gives us plenty of time to talk about the year behind us and the exciting adventures coming upon the year ahead. The boys seem exhilarated by both the fresh air and freedom as we set down roads and trails, using their carefully chosen walking sticks because the trail is nearly empty on New Year's Day). We have such a blast every time, even when it's rained the whole day and we didn't have umbrellas!

JILL BERGKAMP, LOS GATOS, CALIFORNIA

Find more ideas for family outings at www.lhj.com/getoutdoors



Think vertically. A wall of floor-to-ceiling shelving adds plenty of storage space. Cairn's boxes from The Container Store hold photos, candles and other knickknacks. Crate and Barrel's storage ottoman is perfect for throws and pillows

PHOTOGRAPHS BY JOHN GRUEN
PRODUCED BY KIERAN JUSKA AND INGRID LEES

A PLACE FOR EVERYTHING

Do you spend more time pushing around piles in your home than enjoying what it has to offer? Here, clever ways to control the clutter, for good







Family life is faster paced than ever. And unfortunately, when you combine too much to do with too much stuff to do it with, the result is overwhelming clutter. How to begin to conquer the beast? Meryl Starr, owner of Let's Get Organized, a personal organization service in LaGrangeville, New York, suggests you start by enlisting the whole family, and attack one room at a time. Remove everything from closets and bookshelves—anywhere "stuff" tends to accumulate. Have all family members create a pile of their things, then discard broken, duplicate or rarely used items. Once you've winnowed down the stuff, figure out where it really makes sense to store each item. To have ready access to day-to-day items, consider shelving, baskets or furniture with built-in storage space. An organized home is a more relaxing home, Starr believes—when it's easy to find things, it means fewer headaches. Organizing also benefits your budget, since people tend to buy items they already own that have been buried in a closet too long and forgotten. For more tips, look for Starr's book, *The Home Organizing Workbook*, out this month.

Above: This coffee table from Ikea has six spacious cubbies, perfect for storing newspapers and magazines. We painted three baskets periwinkle for a playful hit of color. Below: ...your nonworking fireplace to work ... a ...al storage ... hat also ...ens up the sooty black space


My
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is a 35
WHAT'S
YOURS?
"I didn't realize I wasn't getting a good night's sleep until I experienced one on a Sleep Number bed. Now I sleep all the way through the night, without tossing and turning. And because I'm getting a more recuperative sleep, I have more stamina during the day."
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Actress, Mom
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leep Number® bed is unlike any It's the bed you adjust ır exact comfort and ess preference, your Number®. Our o-use handheld e and advanced amber tech- y allow you ickly adjust ss on side of ed. At mple h of a on YOU change irmness extra firm ather soft.



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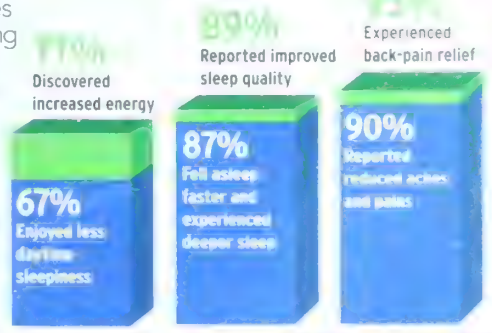
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SLEEP NUMBER







A ROOM THAT'S NEAT *AND* FUN

1 Instead of using a traditional armoire, we constructed a kid-friendly unit using two tall, narrow bookshelves from Ikea laid sideways, one on top of the other. Casters on the bottom shelf make them easy to move for cleaning, and the unit's low height makes it simple for the little people in your home to get ahold of their favorite DVDs or video games. We accented the white shelves with olive green paint. **2** Can't ever find the remote? We solved that headache by creating a handy holder out of a cotton dishtowel—simply fold the bottom third up and stitch pockets, and then drape the other end over the armrest of a sofa or chair, and tuck it into a cushion. It's perfect for holding family movie-night essentials, like remotes and glasses. **3** It's easy to designate a craft space in the family room while keeping the mess factor under control. These unfinished Ikea boxes hold pens, beads and other small items that would otherwise end up under the coffee table. To pretty them up, we decoupaged them with leftover wallpaper and used blackboard paint to create erasable labels on the front of each drawer.

CONTINUED

How to et energy that lasts!



ating for Energy

e the simple act of eating will give you energy. ing the right food choices can help make a difference in how you feel.

ood choice for lasting energy is a varied mix oods — or combining carbohydrates with ein and dietary fat. If you're looking for rgy That Lasts, the BALANCE® ratio of s, protein and dietary fat can be the right ice for you.

oosting Your Energy

ou are looking for lasting energy for everyday vities, you may want to choose a nutrition rgy bar with low glycemic index (GI) value. haps you've been reading about the glycemic ex. The GI ranks foods based on the extent y raise blood sugar levels over a two-hour iod. GI can be useful when selecting foods planning meals, along with such things as ories and protein.

A recent study conducted at an independent research facility found that BALANCE Bars with the BALANCE® ratio of carbs, protein and dietary fat had a significantly lower GI compared to the other bars tested. BALANCE Bars, with their low GI produce a modest rise and fall in blood sugar levels, which helps provide **Energy that Lasts**.

r more information, visit **www.balance.com**.

Great Tasting, Complete Nutrition

In addition to providing **Energy that Lasts**, BALANCE® packs a lot of nutrients in each bar.

- 14 grams protein
- 23 essential vitamins and minerals
- No artificial flavors or sweeteners and no preservatives

How BALANCE BAR® stacks up

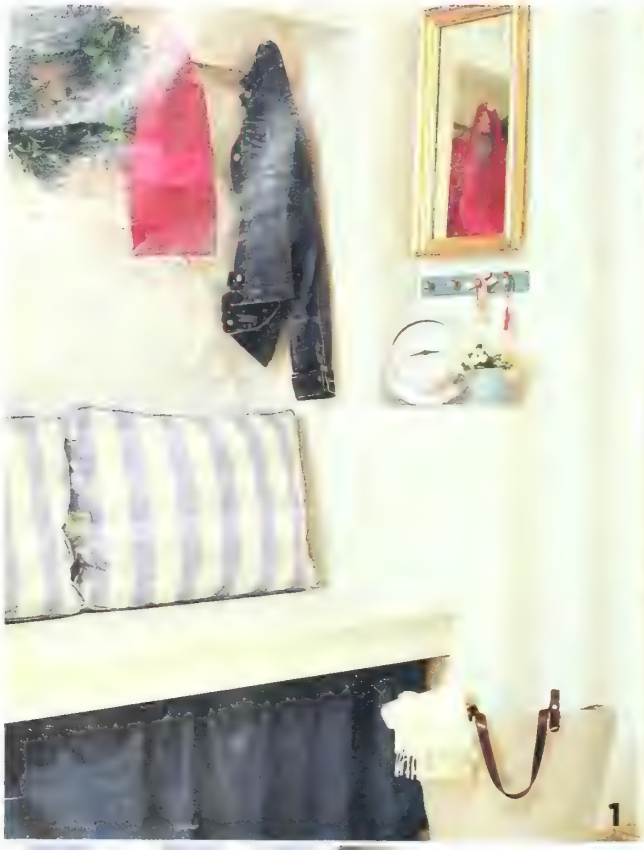


Bars are designed for many different things. BALANCE Bars with their low GI help provide **Energy that Lasts**

The BALANCE® ratio of carbs, protein and dietary fat produces a modest rise and fall in blood sugar levels that helps prevent an energy spike and crash. Choose BALANCE® for **Energy that Lasts**



BALANCE BAR® – Energy That Lasts





1 2



3



END MESS IN THE MUD ROOM

1 Is the entrance to your house a mass of piled up coats, boots and soggy umbrellas? Turn it into a stylish and organized spot that allows you and the kids to get out of the house smoothly on hectic mornings. This bench is built into a nook next to the door, but could just as easily be freestanding–it's the perfect spot for kicking off muddy boots and shoes. A small peg rack by the door holds keys for each member of the family. **2** On the shelf above the pegs for coats, bags and umbrellas, we added boxes for stashing smaller outdoor items, such as mittens and earmuffs. Labeled with each child's name, the boxes ensure that everyone will be able to find their cold-weather gear as they run out the door on winter mornings. **3** We tucked a shoe rack under the bench to keep boots and shoes out of sight, but not out of reach. We hung a length of denim fabric from a tension rod under the bench, which can be pushed back for easy access. The bottom edge can be finished simply with pinking shears or a stitched hem.



Early breast cancer's daily opponent

In the largest-ever breast cancer treatment study, ARIMIDEX significantly reduced the risk of breast cancer returning compared with tamoxifen in postmenopausal women with hormone receptor–positive early breast cancer. These results represent a preliminary comparison with tamoxifen from this ongoing clinical trial. Findings are based on study results from patients taking ARIMIDEX as treatment following surgery with or without radiation for a median of 2½ years. Further follow-up of patients in this study will be required to determine long-term results, including side effects and survival.

Additional findings

Fewer women taking ARIMIDEX had hot flashes, vaginal bleeding, vaginal discharge, blood clots, strokes, and uterine cancer compared with those taking tamoxifen. However, women taking ARIMIDEX had a higher rate of joint problems and fractures, including spine, hip, and wrist fractures, than women taking tamoxifen.

Important safety information

Do not take prescription ARIMIDEX if you are pregnant because it may harm your unborn child. You must be postmenopausal to take ARIMIDEX.

The most common side effects seen with ARIMIDEX vs tamoxifen in the early breast cancer study are hot flashes (35% vs 40%), joint problems (30% vs 24%), weakness (17% vs 16%), mood changes (17% vs 17%), pain (15% vs 14%), nausea and vomiting (11% vs 11%), and sore throat (12% vs 12%).

Please see brief summary of the full Prescribing Information on adjacent page.

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BRIEF SUMMARY (FOR FULL PRESCRIBING INFORMATION, SEE PROFESSIONAL INFORMATION BROCHURE)

INDICATIONS AND USAGE

CLINICAL PHARMACOLOGY: Clinical Studies

CONTRAINDICATIONS

WARNINGS

PRECAUTIONS: General

WARNINGS: Laboratory Tests

Drug Interactions

CLINICAL PHARMACOLOGY

CLINICAL PHARMACOLOGY: Drug Interactions and Clinical Studies

Drug Interactions

Drug Laboratory Test

Carcinogenesis

Mutagenesis

Impairment of Fertility

Pregnancy: Pregnancy Category D

WARNINGS: Nursing Mothers

WARNINGS and PRECAUTIONS: Pediatric Use

Geriatric Use

ADVERSE REACTIONS

Adjuvant Therapy

Table 7: Adverse events occurring with an incidence of at least 5% in any treatment group during treatment, or within 14 days of the end of treatment

Body system and adverse event by COSTART preferred term*	ARIMIDEX 1 mg (N=3092)	Tamoxifen 20 mg (N=3093)	ARIMIDEX 1 mg plus Tamoxifen 20 mg N=3098
	Number (%) of patients		
Body as a whole			
Asthenia			
Pain			
Headache	277 (9)		
Abdominal Pain			
Flu Syndrome			
	164 (5)		152 (5)
Cardiovascular			
Digestive			
Constipation			
Dyspepsia			
Gastrointestinal Disorder			
Hemic and Lymphatic			
Metabolic and Nutritional			281 (9)
Musculoskeletal			
Arthralgia			
Osteoporosis	229 (7)		
Arthrosis			
Nervous System			
Insomnia	266 (9)		
Respiratory			
Pharyngitis			
Cough Increased			
Skin and Appendages			
Sweating			
Urogenital			
Leukorrhea			
Urinary Tract Infection	192 (6)		
Breast Pain	180 (6)		134 (4)

Table 8: Number (%) of patients with Pre-specified Adverse Events in ATAC Trial

	ARIMIDEX N=3092	Tamoxifen N=3093	Odds Ratio	95% CI
Asthenia				
				0.44 - 0.81
Vaginal Bleeding			0.53	
	5 (0)			

First Line Therapy

Table 9

Body System Adverse Event	Number (%) of Subjects ARIMIDEX n=506	Tamoxifen n=511
Whole body		
Cardiovascular		
Digestive		
Vomiting		

Body System Adverse Event	Number (%) of Subjects ARIMIDEX n=506	Tamoxifen n=511
Metabolic and Nutritional		
Musculoskeletal		
Nervous		
Respiratory		
Skin and Appendages		
Urogenital	9 (2)	

Table 10

	Number (%) and Percentage of Patients ARIMIDEX 1 mg n=506	NOLVADEX 20 mg n=511	Number (%) and Percentage of Patients ARIMIDEX 1 mg n=506	NOLVADEX 20 mg n=511
		16 (4)		

Second Line Therapy

Table 11

Number (%) and Percentage of Patients with Adverse Events

	ARIMIDEX 1 mg (n = 262)	ARIMIDEX 10 mg (n = 246)	Megestrol Acetate 160 mg (n = 253)		ARIMIDEX 1 mg (n = 262)	ARIMIDEX 10 mg (n = 246)	Megestrol Acetate 160 mg (n = 253)
					16 (6)		
							28 (11)
					14 (5)		
					13 (5)		
						4	13 (5)
							30 (12)
				Sweating	4 (2)		16 (6)
	26 (12)						13 (5)

Body as a Whole — Cardiovascular

Hepatic — Hematologic

Metabolic and Nutritional — Musculoskeletal

Nervous — Respiratory

Skin and Appendages — Urogenital

Table 12

Number (%) and Percentage of Patients

	ARIMIDEX 1 mg (n = 262)	ARIMIDEX 10 mg (n = 246)	Megestrol Acetate 160 mg (n = 253)
			35 (14)
			35 (14)
		4 (2)	12 (5)
			2 (1)
	4 (2)		25 (10)

ARIMIDEX 1

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Jessica's Journey

Jessica Lynch's ordeal as a prisoner of war in Iraq riveted the American public. But her hero's homecoming hasn't been easy, and now she's fighting to get back to a "normal" life

BY MARTHA BARNETT

Jessica Lynch puts aside her crutches, then sits on the edge of her bed. Slowly, she hoists one stiff leg, then the other, onto the red-and-white bedspread, and tries to arrange herself comfortably against the pillows. Her left leg hurts all the time now, a painful tingling that never goes away. "It's like if your foot or hand falls asleep, and you can shake it off. But this never wakes up," she says. "It's just a constant tingling, 24-7."

She tugs the left leg of her denim bell-bottoms up over her knee, revealing a line of scars along her pale, white leg. Frowning, she starts rubbing that leg vigorously. If she rubs long enough, it helps ease the pain. At night, when the tingling grows worse, she'll sit up in the dark and massage her leg with a vengeance, trying to make the pain go away—and longing to forget why it's there.

By now, most people know her story: how Jessica dreamed of being a kindergarten teacher, joined the U.S. Army to help pay for her education, and trained as a supply clerk; how she was part of a U.S. convoy in Iraq that made a fateful wrong turn into a deadly ambush in the heavily armed town of Nasiriyah.

When U.S. special forces whisked her from an Iraqi hospital more than a week later, Pfc. Jessica Lynch became an overnight legend. Hailed as an American hero, along with Shoshana Johnson, the other female soldier who was taken captive and rescued, she was welcomed home with a patriotic parade.

Far from savoring her celebrity, Lynch is aching for it all to be over. More than anything, she craves an ordinary life: "just the normal things you do every day—school and work and having a family," she says.

But more than fame stands in the way of those dreams, for she came home from the war held together with screws, rods and metal plates. When she was first brought to an Iraqi hospital—some three hours after she was pulled from her bullet-riddled Humvee—Lynch had been severely battered and brutalized. A four-inch gash ran along her hairline. Her left leg was shattered, and her right foot was crushed. Her right arm was broken, leaving her right hand all but useless. Her spine was fractured in two places, causing nerve damage that left her without control of her bowels or bladder.

By sharing such details in her authorized biography, *I Am a Soldier, Too: The Jessica Lynch Story*, by Rick Bragg (Knopf), released in November—and granting a few select print and television interviews—Lynch hopes once and for all to answer all the public's questions, then simply get on with her life.

In October, the Lynch family welcomed *Ladies' Home Journal* into their home, tucked away in a rugged hollow in the West Virginia mountains. Her father, Greg, is a truck driver, and mom Dee works from home providing customer service for a photography business. Three months had passed since Lynch completed a grueling initial rehabilitation at Walter Reed Army Medical Center, in Washington, D.C.,



"I want to show people that I'm not going to be in a wheelchair the rest of my life"

and two months since she retired from the Army for medical reasons.

She's gracious, if guarded, here in her cheery bedroom adorned with teddy bears and Beanie Babies. She's petite: just 5 feet 3 inches and 100 pounds, with perfect little porcelain doll features. She often seems far younger than her 20 years. Her voice is high and sweet, with a [illegible] lilt. Even her blond hair is baby fine.

It's no surprise she was chosen Miss Congeniality 2000 at the Wirt County Fair in her hometown. "I love to laugh," Lynch says, with a broad smile. And she laughs a lot, as long as the conversation is limited to ordinary, everyday things.

When I mention her boyfriend, Ruben Contreras, an Army sergeant she met while at Fort Bliss, Texas, she shrugs her shoulders, then dissolves into giggles. Ask what she likes about him, and she'll roll her eyes and giggle even more, until at last she falls over on her side laughing, unable to say another word.

Finally, she shows off the ring he gave her, then dreamily puts her hand to her heart, and giggles all over again. Later though, she'll tell me how Contreras, who was at her side during part of her stay at Walter Reed Medical Center, has motivated her to heal. "He would push me. He made me want to get up and walk."

For a moment it's possible to forget about the torture she endured. But only for a moment. On [illegible] sits a brass-colored MIA bracelet, with Lynch's own name on it—one of many worn by people praying for her safe return. On [illegible] table there's a framed photo of Lynch's best friend, Spc. Lori Piestewa, 23. Piestewa, a CONTINUED

Hopi Indian and mother of two young children, was eligible for a deferment due to a shoulder injury, but chose to go to Iraq so Lynch wouldn't have to go it alone, according to the biography. During or shortly after the ambush, Piestewa was killed.

It's hard to ask many of the questions I'd brought with me—about the war, the controversies, the politics, the feelings—harder still because Lynch's face changes completely at such questions, as if some kind of wall comes down. Sometimes she seems to look right through me, or just gazes straight ahead, as if she's seeing it all over again. I've read before about the so-called "hundred-yard stare"—the eerie, blank gaze of traumatized combat veterans. I can't help thinking of that now.

When we switch back to small talk, the wall disappears. Lynch actually looks forward to her grueling physical therapy sessions, and insists she enjoyed the rigors of boot camp. "I like a challenge," she says with the same kind of scrappiness that must have helped her survive her ordeal. "I was *not* going to stay in that bed forever!"

Now she spends about two hours a day, five days a week, at a rehab center 30 minutes away, strengthening her muscles and trying to learn to walk on her own. Her record without crutches: 38 steps across a room.

"I want to show people out there that I can do it—that I *will* do it—that I'm not going to be in a wheelchair the rest of my life." There's a fierceness in her voice as she glares at the wheelchair at the foot of her bed, now stacked full of neatly folded laundry. She uses it only occasionally now, for out-of-town trips.

Still, she admits, using crutches is exhausting. Doctors are unsure if she'll regain feeling in her foot, which could prevent walking on her own. Throughout our visit, she's rubbed that leg almost nonstop.

Her other wounds are healing, she says, pulling up her sleeve to reveal a crooked scar on her right arm. The paralysis she initially suffered in that hand is gone, and she's taking medication to help heal the nerve damage.

"After physical therapy and stuff, my whole body aches, but that's only because I've had a good workout," she says. Usually ibuprofen is enough to cut the extra pain.

"A good day is when I actually feel good, and therapy goes well. A bad day is when I get so frustrated I just want to explode," she says. "I stress out easily now." To deal with that frustration, "usually I just try to sleep."

It's not the first time sleep has been an escape. Sleep helped keep her sane while held captive. She compares those brief periods when she drifted off, to commercial breaks that come in the middle of a horror movie. Another thing that got her through: She would imagine that Piestewa was sitting with her, calming her.

This past August, Lynch's younger sister Brandi planned to start Army basic training herself, but dropped out after Lynch's ordeal. Lynch says she was hugely relieved, "just because of everything that happened to me." Her eyes mist over, her voice faltering. "I wouldn't know how to deal with it if she was deployed."

Again, she is staring. I ask about the future.

Right now, her recovery is a full-time job, but she's eager to go back to school, and still wants to teach kindergarten. She enjoys evenings "just hanging out" at friends' houses, talking on the phone, watching TV—just about anything but the news. She closes her eyes, shakes her head. She can't bear to watch the news. She can't even bring herself to read all of her own biography. "There are parts I wanted to skip over." She closes her eyes and shakes her head.

We finish our chat, and she excuses herself to change clothes for physical therapy. A few minutes later she hobbles out, wearing a black-and-white Wirt County Tigers jersey, and white sweatpants with a tiny bit of pastel-colored embroidery on one side. Her sister Brandi will drive her to her physical therapy session; her parents are off to run an errand at the hardware store. Maybe they could all meet for dinner afterward, someone suggests, get some Chicken McNuggets or something.

Suddenly, Lynch wails: "How come you always want to go to dinner when I'm dressed like this?" She looks down at her clothes. "They don't even match!"

Her family laughs; they've heard this voice before. Those who know Lynch well say she's a little "prissy."

"Match? You want a 'match'? We'll give you a match to carry!" her father teases, pleased with his pun.

Lynch is pouting. The kitchen rings with laughter as if there's still a giddy relief in their voices—pure joy that Lynch is there to whine and complain and be prissy, that they have her there to tease at all.

And in that moment, it's clear that if Lynch can feel safe anywhere, it will be here, in the embrace of her family and this tiny community. Here, along these winding country roads, where wooden fences and signposts still bloom with yellow ribbons, some long since faded to white. Here, in this sturdy hollow that reaches almost all the way around the house, like strong, protective arms.



Imagine counters so clean and disinfected
you could eat off them. Your kitchen wipes are here.

License to Kill

What happens when drivers are repeatedly arrested for speeding or reckless driving even when they maim or kill? Here, why the system doesn't protect us, and what needs to be done to keep our roads safe

By Lawrence Goodman



Terry Clifford stood in the kitchen of her suburban Rhode Island home, phone pressed to her ear, expecting to hear that her fiancé was dead. When she had gotten home five minutes before, her answering machine had five messages on it, all from the police in nearby Scituate. "Call immediately," an officer said. Her fiancé, Tim Porter, 50, had been in an accident.

It was March 23, 2003 and in five months, Clifford, 46, and Porter were to marry. Phone in hand, Clifford had a dark vision of herself at Porter's funeral instead of their wedding.

Finally, a police sergeant picked up. Porter and his friend were hit by a car while out running. The vehicle swerved from the other side of the road, across the yellow line and into the shoulder, striking Porter from behind. Clifford asked if Porter was going to live. "Yes," the sergeant said, "it looks like it." She hung up and rushed to the hospital.

Several hours later, Porter was wheeled out of surgery. He had a fractured pelvis, back and neck, plus a punctured lung, three broken ribs, foot fractures and a leg so badly broken that it almost needed to be amputated. Porter was too weak to speak, but he did manage to mouth the words, "Where's Howie?" Howard Mackey, 56, was Porter's friend of more than 10 years; they jogged together at least once a week. Mackey had died instantly at the scene of the crash.

A few days later, Clifford learned more about the driver who was arrested for causing the accident. Jonathon L. Raymond, 37, was at the wheel illegally. His license had been suspended. Indeed, his license had been continuously suspended for nearly 15 years. But Raymond kept driving anyway.

Raymond was well known to Rhode Island's police officers, judges and prosecutors. Between 1991 and 2002, he had been arrested seven times in Rhode Island for driving with a suspended license. He had been slapped with five tickets for breaking various traffic laws, such as speeding and not using his turn signal correctly. And he rarely showed up for court hearings or paid the thousands of dollars in fines he owed. The toughest punishment he ever got was three months in jail. "How could it be that this guy was still on the road?" Clifford asked. "How could this have happened?"



The answer to the question turns out to be a complicated and frightening one for anyone who puts a car key in the ignition and drives anywhere, anytime, on America's roads. Nearly 43,000 Americans died in car accidents in 2002—an average of 117 people a day. Up to 90 percent of those fatalities were caused by driver error or a traffic violation, such as swerving out of a lane or running off the road (32 percent), speeding (20 percent), failing to yield (8 percent), disobeying [illegible] (5 percent) or generally driving erratically or recklessly (6 percent), according to National Highway Traffic Safety Administration (NHTSA) statistics. "I just don't think we're doing a very good job of keeping the roads safe," says Jack Kaye, the chief prosecutor in eastern New Jersey's Monmouth County, [illegible] NHTSA's panel that studied the nation's aggressive driving problem. "Too many crazy people are out there operating cars."

For the last several decades, law enforcement officials have cracked down on drunk drivers, but now, many experts feel, there needs to be more emphasis on going after another group of drivers—those who constantly flout traffic laws, rack up huge numbers of tickets and treat the roadways as if they were their own personal race courses. "Drugs and alcohol are a big part of the reason why our roads are dangerous," says Oregon Driver and Motor Vehicle Services spokesman David House. "The other part is the people who constantly disobey traffic laws."

And the offenders are not all social dropouts or quasi-criminals, as stereotypes might lead you to believe. In August 2003, Congressman Bill Janklow of South Dakota allegedly flew through a stop sign at 71 mph (16 miles over the speed limit) killing a man on a motorcycle. Janklow, a former governor of the state, had been involved in several previous accidents (only one of which resulted in injury) and had been cited a dozen times for speeding. He was charged with second-degree manslaughter in the motorcycle [illegible]. As of press time, his trial was set for December, but he pleaded not guilty.

[illegible] problem, contend experts, is that many reckless drivers remain on the road *legally*, year after year, violation after violation. And even those [illegible]

[illegible] case—continue to drive [illegible]. At any given moment, an estimated 5 percent of Americans who are licensed to drive—about 10 million people—have had their licenses suspended or revoked. But about 75 percent of those illegal drivers are still on the road, according to separate studies by the [illegible] Department of Motor Vehicles and the University of New Mexico in Albuquerque. And a study done in 2003 by the AAA Foundation for Traffic Safety found that drivers with suspended or revoked licenses are involved in as many as 6 percent of all fatal accidents.

Compounding the problem is the fact that repeat offenders frequently are not charged with a crime at all, or don't get convicted of one. Too often, even those who've killed get just a legal slap on the wrist and can walk right out of the courthouse and get back behind the wheel. "We really need to be worried about how the system is dealing with these drivers," says Jim Wright, a highway safety specialist at NHTSA. "These drivers are unconcerned with traffic laws. They have no concern for the safety of their fellow citizens. And the system has a difficult time controlling them."

"Fines are paid. Deals are struck. It's on to the next case," says Kaye



Jonathon Raymond was a menace on the road even before he qualified to have a license. When he was 15 and still a year from being able to drive legally in Rhode Island, he was arrested for driving recklessly. He was sentenced and served 30 days in jail.

Eight years later, in August 1988, Raymond was driving with a suspended license after he failed to pay a fine for a previous traffic violation. He was pulled over by a Rhode Island police officer. State DMV records do not explain why, but the record would suggest it was because Raymond was driving erratically. The officer asked Raymond to take a Breathalyzer test, and Raymond refused as was his prerogative under state law. Refusing to take a Breathalyzer in Rhode Island results in automatic suspension of a driver's license. But because Raymond was already driving on a suspended license, all the officer could do was give him yet another fine (in Rhode Island at the time, the maximum fine for driving with a suspended license was $250 for a first offense and a summons to appear in court to have his license reinstated.

Raymond never showed up for his court appearance, and he continued to drive. By June 1992, he was 26 years old and had been arrested three times for driving with a suspended license. He had also been arrested for various non-driving offenses, such as shoplifting and petty theft, for which he received a summons to appear in a district court. This time, Raymond showed up. The judge sentenced him to three months in prison.

Even after doing his time behind bars, Raymond continued to drive with a suspended license and, according to DMV records, rack up even more traffic violations. Yet, he was repeatedly a no-show at his many court hearings. Still, all the courts did in response was continue to suspend Raymond's license. Each of the suspensions just tacked on three or six months more to the length of his other suspensions. He had accrued more than 30 citations on his driving record over the last 15 years. Still, he continued to drive.

Then, in September 2002, Raymond got into a minor crash in Warwick, Rhode Island. He was charged with leaving the scene of an accident, using the breakdown lane to make a turn, and, once again, driving with a suspended license. He was pulled over not far from the scene of the accident, arrested and given a summons to appear in court.

The county judge who heard Raymond's case, Robert Rahill, could have sent Raymond to jail for a year. Instead, Rahill suspended that sentence, which meant Raymond didn't have to serve a single day behind bars, but he was put on a year's probation. His driver's license still was not valid; in order to have it reinstated, he had to pay the thousands of dollars in fines that he owed, attend a drivers' retraining course, and prove he had car insurance. Raymond failed to do any of these things. So after he left the courthouse, he continued to drive with a suspended license.

If Rahill had, in fact, sent Raymond to jail for a year, he wouldn't have been on the road the day he maimed Tim Porter and killed Howard Mackey.

Judge Rahill, contacted by *[illegible] Herald*, says he can't recall why he issued the sentence he did, but he stands by it regardless. "I make the

HOW TO KEEP RECKLESS DRIVERS OFF THE ROAD

To prevent crashes such as the one that injured Tim Porter and killed Howard Mackey, states must adopt new policies and procedures. Here are what leading traffic-safety experts say need to be done:

✔**Revoke offenders' license plates.** In Michigan, a police officer who catches someone driving with a suspended license can strip the car of its license plates on the spot. The car then gets temporary paper plates the driver must display where the original plates once were. In order to get his plates back, the driver must go to court to resolve the charges. If he doesn't, and still drives, he'll be in a car with "plates" that will easily stand out to any traffic cop. Still, a 2002 University of Michigan Transportation Research Institute study found that 30 to 70 percent of people whose plates were revoked continued to drive. But the same study also found that the law, enacted in 1999, reduced the rate of crashes among drivers with suspended licenses by 30 percent. This has potentially saved many lives.

✔**Impound cars.** Thanks to a 1995 law, California's police officers can tow away the car of anyone who drives with a suspended license. It is also now an offense—punishable by up to six months in jail and/or a maximum fine of $1,000—to knowingly let someone with a suspended license drive your car. A 1997 study by the state's DMV found that the law is working: Crashes involving drivers with suspended licenses have since dropped by as much as 35 percent.

✔**Allow no more second chances.** Over the last decade, some 24 states have enacted "habitual offender" laws. These laws typically require that drivers who are constantly racking up points on their driving records face stiff penalties. In Florida, for example, a driver is declared a habitual offender if he accumulates 15 traffic convictions within five years. Habitual offenders are automatically barred from driving for the next five years. They are not allowed to clear their records by participating in diversion programs. The license suspension is final.

✔**Make state records high-tech.** Iowa has taken the lead in streamlining its traffic records with a software program. Police cars are equipped with laptop computers. An officer can scan a bar code on a driver's license and the driver's personal information will immediately be entered into the computer, saving time and increasing accuracy. Then, the officer can electronically send the violation (such as a speeding ticket) or accident report to the Department of Public Safety. The driver's updated record is then available to the state's traffic courts. Twenty-three other states have signed up to use the system Iowa developed. —*L.G.*

on based on the informat
in front of me," he says.
ion I made."
ter the crash. Raymond expressed his
moment goes
guish from this horrible tragedy . . . I
person. I care about people as well as their feelings . . . I hope someday you can forgive me.

We were unable to reach Raymond's lawyer for comment by press time, but Raymond's grandmother, Marjorie Raymond, says Mackey's death and Porter's injuries were the result of an accident. "Jonathon fell asleep at the wheel," she says. She says she also received a letter recently from her grandson. "Grandma," Raymond wrote. "I killed a man."

"*Before you pay* for that traffic ticket, speak to an attorney for FREE," reads Florida attorney Barry Kaufman's Web site. For legal fees as little as $39, Kaufman promises he can beat any non-moving traffic violation; for $50 more, he'll beat a speeding ticket or other moving violation. Web sites such as Kaufman's are commonplace on the Internet. On his site, Kaufman promises that in most cases, there will be no court appearances, no traffic school, and most importantly, no points.

Points are, of course, what you get on your driving record when you're convicted of a traffic offense. Nearly every state has a point system designed to ensure that the worst drivers on the road are properly punished. Rack up enough points in a year—typically it's about a dozen, the equivalent of three or four moving violations—and your license is automatically suspended. CONTINUED

usually for three to six months. In theory, the point system is the best defense we have against drivers who have no respect for the law. But Kaufman's Web site message—"We guarantee your money back in writing if you receive points on your license"—shines a light on how many loopholes there are in the system.

Kaufman and the six attorneys who work for him ply their trade in traffic courts throughout southern Florida. There are traffic courts just like them in almost every town and city in the country, and almost all are underfunded. Except in the largest of cities, the judges and prosecutors who work there are part-timers. They each handle dozens of cases every day. They are, almost without exception, underpaid and overwhelmed.

When Kaye, the New Jersey prosecutor, sat on the NHTSA symposium that studied how the legal system handled the cases of aggressive drivers, he says they found that traffic-court judges and prosecutors were far more concerned with burning through the paperwork on the day's docket of cases than serving justice. "No one really pays much attention to these traffic cases," says Kaye. "Fines are paid. Plea deals are struck. It's on to the next case."

It's precisely this eagerness to strike plea deals that Kaufman counts on. He says when he gets a client with a ticket for speeding or running a red light, he'll work out a deal with the court so the driver gets off with an average fine of $80 and no points on his license. There won't have to be a trial. The case is removed from the docket. "Since the courts are so bogged down with cases," Kaufman says, "most judges are more than willing to give a motorist a break." So both parties leave happy: The driver returns to the road and the court saves time and money.

There are lawyers doing what Kaufman does all across the country because most states' point systems are already shot through with loopholes. In Georgia, for example, state law requires that a driver who earns 15 points on his record within two years have his license suspended for a year. But all a driver needs to do if he gets this many points is to attend a six-hour driver education class. Once he completes the course, all his points are erased. "The system is intended to educate these people," says Wayne Yancey, director of legal services for the Georgia Department of Public Safety. "It's less concerned with punishment."

Leila Osina, executive director of the National Committee on Uniform Traffic Laws and Ordinances, a nonprofit group which studies the nation's traffic laws, says half the nation's states have procedures similar to Georgia's. In fact, many states have so-called "diversion programs" where bad drivers can get second, and even third, chances at clearing their record simply by paying a fine and/or attending a class. "But at some point you have to say enough is enough," says Osina. "These drivers have got to start facing the music."

Even if diversion programs were eliminated, that alone won't solve the problem of how to ground bad drivers. Fingering the repeat traffic offenders in the first place is what's so difficult. DMV records are notoriously riddled with holes and full of inaccuracies, says NHTSA's Wright. "A car dealership probably knows more about its customers than a lot of DMV officials know about the drivers in their state," he says. "There are huge gaps in our information system."

There are many reasons for this. First, and most mind-boggling, is that most of the nation's traffic courts are not computerized. Instead, records are kept by hand. Reams of paperwork need to be filled out for every traffic violation. If the courts were the only ones who needed access to this information, it wouldn't be so daunting. But in each state, the DMV office relies on the courts to tell CONTINUED

WHEN DOZING OFF IS DEADLY

Fatigue, lack of sleep or blackouts play a role in roughly 3 percent of all fatal traffic accidents. To prevent such crashes, at least one state is cracking down on drivers who doze.

Seventeen percent of drivers, or 32 million Americans, admitted to falling asleep behind the wheel at least once in the previous year, found a recent poll by the National Sleep Foundation. Under the New Jersey law, motorists who haven't gotten any shut-eye in the last 24 hours and then cause a fatal accident can be charged with a felony. If they're found guilty, they face at least three years in prison.

Although no other state so far has followed New Jersey's lead, there's a bill being considered in Congress that would allocate $5 million for further efforts to educate drivers about the risks of missing sleep. —*L.G.*

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GET SMART

them when a driver is convicted of a traffic offense. As with all operations dealing with mountains of paperwork, there are often missing and lost documents. As a result, the lag-time in reporting violations to the DMV can be as long as a year.

Prosecutors, in turn, depend on their state's DMV to inform them about a driver's record. They use this information to assess the severity of a sentence for a defendant. The rule of thumb is, the longer the record, the harsher the penalty. But with so much missing information, prosecutors often work in the dark. "We don't even know what we don't know," says Matthew Tice, an assistant district attorney in Portland, Maine.

The federal government, via NHTSA, is supposed to be helping with this record-keeping morass by maintaining a centralized database called the National Driver Register. The register contains information from all the country's DMV offices about drivers who've been convicted of serious traffic offenses and who've had their licenses denied, suspended or revoked. Because people move all the time, it's critical, prosecutors say, that they be able to find out about a driver's record not only in their own state, but in other states as well.

But right now, prosecutors don't have access to the register. In fact, many don't even know that it exists. That's not NHTSA's fault, says Glenn Karr, the official who managed the register. He says NHTSA routinely shares information in the register with the state DMVs, and they are then free to share it with prosecutors.

Meanwhile, the American Association of Motor Vehicle Administrators (AAMVA), the trade group that represents each state's DMV in Washington, D.C., contends their members have been told by NHTSA *not* to give prosecutors access to the driver register because it's against federal law, says Jay Maxwell, the AAMVA's chief information officer.

Ladies' Home Journal suggested to NHTSA's Karr that the federal government educate prosecutors directly about the existence of the register and how they can gain access to it through the DMVs. "You're probably right," Karr says. "The education thing is probably a good thing to do."

Yet despite consistent pressure from prosecutors and law enforcement officials to increase awareness of the register and make it more accessible to them, no plans for reform have been put into action.

"These drivers have to start facing the music," says Georgia's Osina



In a perfect world, drivers who have long records of recklessness and causing fatal accidents would face vehicular manslaughter charges, a felony offense, and would spend as many as 20 years in prison. But instead, experts say, these drivers typically get off with sweetheart plea deals in which all they have to do is pay a fine on a traffic ticket. Leslie Abernathy, the solicitor-general in northern Georgia's Forsyth County, coordinates the prosecution of traffic offenses in her state. She says unless blood tests show the driver was drunk or high, most prosecutors will decide the crash was "just an accident" and won't charge him with any crime. "Their attitude," says Abernathy, "is that these things happen."

According to experts, even drivers who *are* charged with vehicular homicide are rarely convicted. There are three key reasons why:

• **Inexperienced prosecutors** Vehicular homicide (or "vehicular manslaughter," as some states call it) cases are some of the most complex and tough to prosecute. Prosecutors need to be facile with a huge amount of technical information in order to grasp the forensic evidence gathered and present it clearly to a jury. Yet in almost all of the country's district attorney's offices, it's the newest and youngest attorneys who work in the traffic division. That's because for the most part, the work in the traffic division is dull and unglamorous, such as prosecuting drivers with traffic violations and speeding tickets.

• **Sympathetic jurors** Case reviews show that jurors in vehicular homicide cases tend to identify more with the driver than the victim. So many of us have been in, almost been in, or seen traffic accidents, that in a jury setting we tend to believe the defendant when he claims to have made an honest mistake. "We lose about half of our [vehicular manslaughter] cases," says Kaye, the New Jersey prosecutor. "No matter what we tell them, the jurors usually decide it was an accident."

• **Complex laws** Most states' vehicular homicide laws require proof not only that someone was driving recklessly, but also that he *knew* his behavior was CONTINUED ON PAGE 61





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SAFETY SOLUTIONS COMING TO A ROAD NEAR YOU

The cars and roadways of the future could actually be smart enough to prevent crashes—and even figure out why they occur. Here, some of the latest technologies:

• The U.S. Department of Transportation is encouraging car companies to equip cars with a computer chip that reads data from a radar sensor and global positioning system in the car. If the device senses there's about to be an accident, either because a car is approaching too quickly or vehicles are spaced too close together, it alerts the driver by vibrating the driver's seat and flashing a warning signal.

• Honda has developed a "collision mitigation brake system," in which a radar sensor on a car's front bumper can determine if a driver is approaching the vehicle in front of him too quickly. If he is, his seatbelt tightens, a warning buzzer sounds, and the brakes are applied automatically and begin to slow the car down. The system is not yet available in U.S. vehicles, but it should be in the near future.

• In the same way that black boxes help determine the cause of airplane crashes, a computer chip placed inside a car now records crucial crash data. "It gives whoever retrieves the data a snapshot of what just took place," says Jim Schell, a spokesperson for General Motors. Prosecutors can present the near-irrefutable data—such as how fast the cars were going at the time of the accident—to the jury to help prove a case. Right now, the boxes come standard in all General Motors and Ford vehicles made after 2000, at no extra expense to the buyer. Other car companies are considering adding the technology. —*L.G.*





reckless enough to lead to a crash. If someone has been drinking, it's fairly easy to prove—everyone knows that drinking and driving can be a lethal mix. But how about someone who was going 15 miles per hour above the speed limit?

The vehicular homicide cases that most often lead to convictions are usually those that involve drugs or alcohol, regardless of the length of a driver's rap sheet. Judges and juries are typically less sympathetic to drug users than reckless drivers.

That's why Clifford and Porter were encouraged when Jonathon Raymond was ultimately charged with three counts: driving to endanger, death resulting; driving to endanger, serious injury resulting; and driving with a suspended license. He was also charged with two counts of driving under the influence of a controlled substance (a blood test taken on the day of the accident showed that Raymond was positive for [illegible] caine). He faces a maximum sentence of 36 years in prison. He is now in jail serving an 18-month sentence for violating his probation stemming from the Warwick accident by driving with a suspended license. His trial for Porter's accident is scheduled for early 2004; he has pleaded not guilty to all of the charges against him.

Last August, Clifford and Porter got married on a beach along Rhode Island's Narragansett Bay. Doctors [illegible] Porter's leg from amputation, but the former runner [illegible] down the aisle to await his bride. He's still healing from his injuries and as of press time, he was awaiting yet another surgery on his leg. He is hoping to return to work—he's a manager of a local supermarket—by the spring.

Porter and Clifford are now pushing for changes in Rhode Island law to make driving with a suspended license a felony rather than a misdemeanor. They are working with the attorney general's office and the Coalition on Highway Safety, a state advocacy group. "I am disappointed with the system. Everyone was basically passing the buck [illegible] responsibility," says Clifford. "No one made the tough decisions that would have prevented this tragedy. The law should keep guys like Raymond off the road."



PHOTOGRAPH BY FIROOZ ZAHEDI

"Adopting Was the Smartest Thing I've Ever Done"

Diane Keaton has dazzled for decades in roles that have captured women's shifting place in the world. Here, the Oscar winner talks about her new comedy and why being a mom is now her top priority

BY MERLE GINSBERG

DIANE KEATON IS ENDEARINGLY OBLIVIOUS TO MANY THINGS: the weather, the time, the sun beating down on another day in Los Angeles' eternal autumn heat wave—but then, who'd expect her to be otherwise? The Los Angeles–born actress, who will be 58 this month, has built a prosperous career out of the *Annie Hall* persona Woody Allen cast her in 27 years ago: neurotic, funny, flaky, and brainy, all with bohemian flare. Even off-screen, she's always dressed the part. Today she's got on another one of her Keatonesque "Outfits" with a capital "O": a black wool jacket buttoned to the throat, black jodhpurs, a black, pleated wool skirt, a tan wool cloche and signature wire-rim glasses. To call it "the layered look" wouldn't begin to do it justice, particularly piled on her still-svelte frame, and no one gets the humor of this better than Keaton, especially on a 95-degree day.

"I've always been a fashion victim," she [illegible] laughing, which she does frequently, and often at herself. "I'm an addict to beautiful things. It's a form of self-expression, the fashion thing. It's very personal, very deep. Besides, I'm always cold. I think I have cold blood, like a snake," she says, as she slips into a corner booth at The Polo Lounge in The Beverly Hills Hotel—a spot she particularly loves. She poses a question that could also be asked of the historic restaurant we're in: "Why should I change now?" and then orders the famous McCarthy salad with shrimp instead of chicken, to suit her semi-vegetarian diet.

While her acting track record is impressive by any Hollywood measure—she has starred in movie classics from *The Godfather* to *Reds*—Keaton's creative energies have exploded in recent years. She has directed movies including *Unstrung Heroes* and *Hanging Up*, and she recently executive produced Gus Van Sant's pseudo-documentary about a high-school shooting, *Elephant*, which won the top award CONTINUED



at the 2003 Cannes Film Festival. Still, she remains humble, even self-deprecating. "I'm constantly amazed that people like Meryl Streep, Leo DiCaprio, Robert De Niro or Jack Nicholson want to work with me," she says, nibbling on flat bread. "What do they see in me?"

Writer and director Nancy Meyers, who has worked with Keaton on four films, obviously sees lots of very good things. Meyers worked with Keaton on *Baby Boom*, then on the two *Father of the Bride* movies, and most recently on *Something's Gotta Give*–Columbia Pictures' big, Christmas-season box-office romance. In it, Keaton stars as a middle-age, divorced, critically acclaimed playwright who has a love affair with her onscreen daughter's much older boyfriend–played with humor and panache by Nicholson, a notorious chaser of young women, onscreen and in life.

Q: When Nancy Meyers wrote this movie, she had you and Jack Nicholson in mind for the lead roles. Do you think she was toying with your real-life images?

A: Oh, you mean Jack as a womanizer and me as neurotic and uptight? Yeah, I would say that could be true.

Q: The intensity of the sex scene between you and Nicholson is going to incite a whole lot of discussion.

A: Yes, it's nice to see a good middle-age, healthy sex scene. Let's face it, people my age and Jack's age are much deeper, much more soulful, because they've seen a lot of life. They have a great deal of passion and hope–why shouldn't they fall in love? Why shouldn't movies show that? It's so uplifting and real. There are so many people with rich inner lives out there and it's great to see them onscreen as they are in real life, fully alive and passionate and hot.

Q: You met Nicholson when you were involved with Warren Beatty in the early '80s, and worked together on *Reds* in 1981. Had the two of you stayed in contact?

A: I hadn't seen Jack in about 20 years. I wondered what he would be like now. He's become such a big star, an icon, really. I had a lot of fear about it. But I have a policy about fear: It cripples the soul, so you just have to fight it. Now that I did this movie with him, I will always love Jack Nicholson. I mean, we had to kiss for, like, *hours*! One day on the set we were just kissing and kissing till we were *sore*! I'm glad it was with him–Jack's so comfortable with sex, and with himself, he made me more comfortable. We had a lot of laughs.

Q: You've had the opportunity to do love scenes with a lot of great guys.

A: Mel Gibson was one of the greatest. When we were shooting *Mrs. Soffel*, and he played my lover. I was in heaven! I loved looking at Mel's face. It was so beautiful, it was kind of hard to believe. That face, saying such wonderful things to me, it was really the perfect way to have an affair with Mel Gibson. In real life it would have been more complicated. This way, it was just a pure love situation. I love having the opportunities to be in these perfect love stories.

"THE MOVIE'S NUDITY WAS IN THE SERVICE OF A JOKE ON ME, SO, THOUGH IT WASN'T FUN, I COULDN'T TAKE IT TOO SERIOUSLY"

Q: There's a moment in *Something's Gotta Give* when Nicholson's character sees you naked in your bedroom doorway. Was that a body double or was that really you?

A: Yes! That's really me, naked.

Q: How long were you there naked?

A: Not long. We just had to scream and yell back and forth at each other. It was like E.T. and the kid–Drew Barrymore. That's one of my favorite movie scenes.

Q: Were you nervous about doing it?

A: It wasn't fun to do, but who cares at this point? It's such a done deal. I wouldn't do a nude scene in *Hair* in 1968, and it was a big drama. But then I did do it for *Looking for Mr. Goodbar* in 1977, because the material really did demand it. In *Something's Gotta Give*, the nudity was in the service of a joke, a joke on me, so I couldn't take it too seriously! It was a no-brainer. I probably should have dieted or gotten a trainer or some-



(left) Keaton enjoys play time with Duke, her 7-year-old son. "I can spend a lot of uninterrupted time with my children no matter the location. I'm very lucky that way," she says. (below) "It's that chemistry, very real," said Keaton of Nicholson, who plays her love interest in Something's Gotta Give



her records are kind of cute. It's just that when the same kids' songs politics that I get a little concerned. I'm political—a lifelong Democrat and I believe this country is all everyone voicing their opinions having no fear of speaking out, but I also think you should be educated on the big subjects.

Q: It seemed like you had great chemistry with Frances McDormand, who plays your sister in *Something's*

A: Isn't she hilarious? I love Frances. She's so right on the money. She's so unflinchingly honest—she has no fear.

Q: You have two very handsome men in love with you in this movie—Nicholson and Keanu Reeves. And you looked very hot in a slinky black dress for your movie date with Reeves!

A: Hot, huh? [laughing] I just don't see it. But I did like that dress! Keanu is still so sweet and shy and humble. I'm so glad he got this part; he gets to

A: Me? No, never was. Not my that. Besides, I've always liked men my own age—or older—men whom I

A: Yes. I do hate that. It makes me vulnerable. I always thought who are beautiful must have Marilyn Monroe and Julia Roberts—true beauties—feel that they haven't careers, either. I'm sure beauty like that brings its own set of problems. I've always felt fairly plain.

Q: You might see yourself that way, but you've been with some amazing men.

A: Yeah, that's true. But no more. I'm done. Older relationships are harder: there are so many more complications. And in my family, we make it more complicated because we put up walls. You reach a certain point in your life when it's about other things. So, now I'm staying away from love stories—except in the movies.

Q: Speaking of past loves, what do you think of the possibility that Woody Allen might be writing a big tell-all book—for quite a hefty sum?

A: It doesn't concern me. The romantic part of our relationship is ancient history. We've been friends for 20 years. I wouldn't have had the career I've had without Woody Allen helping me find my humor. I thought I was to be a musical actress—I'm not really that funny. I can't tell a joke. Woody would write jokes for me and they'd fall flat. He'd watch and say, "Okay, you can't tell a joke. I'll rewrite that." So he wrote funny situations for me instead, and they suited me. He's so smart; so much smarter than you'd ever even think he is.

Q: It must have felt good to stand up for him during the Soon-Yi, Mia Farrow affair.

thing for it, but I just didn't care that much. You spend so much time when you're young looking in the mirror, it's just not productive, and I won't let myself do it anymore.

Q: Today's actresses can't seem to wait to take their clothes off. What do you think of that?

A: Everyone needs to do what's right for them. It just didn't feel right to me when I was young. If a young girl is confident, well, she's got more nerve than I did at that age.

A: Look, no one needs to stand up for Woody Allen. He's a much stronger person than the characters he portrays in movies. He can take care of himself. All I said was that he has been a true and honest friend for 20 years.

Q: Now, you've said you're rampantly against plastic surgery—but you've also said you always change your mind about everything. Have you changed your mind yet?

A: No. Wish I could. I'm stuck in this idea that I need to be . . . authentic. That's just who I am. My face needs to look the way I feel. I'm not going to be negative about women or men who've had plastic surgery—whatever works for them. It's a personal choice. I'm sure it's very empowering for some women who do it. For me, it's the opposite—I would feel like it took some experience away.

Q: Just before you turned 50, you decided to adopt a little girl [Dexter, now 8] and be a single mom. What prompted that?

A: I had been very ambitious when I was younger. I was a workaholic. I had a number of good relationships with men, but when I didn't get married, I started to think, Okay, this isn't going to happen for me. Then when my father died in 1990, I realized how important my family has been to me. Going through life with people who are close to you enriches the experience. It takes you out of yourself; it allows you to live without self-consciousness and improves the quality of your life. Just focusing on yourself can be really destructive and empty. A shared personal history is a treasure no one should go through life without.

Adopting was the smartest thing I've ever done. I adore being a mom. I know it's probably easier for me than many other single mothers. I can afford help and can usually bring my kids to the set with me. I'm very lucky that way.

Q: A few years after adopting your daughter, you decided to adopt a little boy [Duke, now 2]. How has parenting a boy changed you?

A: It's definitely changed the way I look at grown men! He's totally vulnerable and affectionate and sweet. But the main reason I did it is because I wanted Dexter to have a sibling. I knew it would improve the quality of her life. My siblings are *so* important to me; they've had a larger effect on me than anybody else. I don't know how I would have gotten through life without my sisters.

"I ADORE BEING A MOM. JUST FOCUSING ON YOURSELF CAN BE REALLY DESTRUCTIVE AND EMPTY. I'M VERY LUCKY"

Q: What do you think you will tell Dexter about boys and dating when she gets a little older?

A: I'll tell her to like who she is with a man, instead of it being all about getting—or even giving. It's about liking who she is when she's with him. I think that's pretty profound.

Q: You seem to have really come into yourself in your 50s—diversifying your career, adopting—and also to a great place of self-acceptance. You were so critical of yourself when you were younger.

A: Warren Beatty always told me I'd be a late bloomer. He was right, I guess. I was much more shy when I was younger. There are a few good things about getting older. I'm Capricorn, the Goat: we just keep climbing slowly uphill. That doesn't sound too exciting when you're younger, but it's working for me now.

Q: Do you think it's that we're just easier on ourselves as we get older?

A: It's important to forgive yourself for your transgressions. I realized a couple of years ago that I had to give myself permission to be impractical. I was born that way, and that's the way it is. There are worse things to be. Impracticality is better than being mean or rude or violent or unhinged.

Q: I think this age really becomes you, and your career is just getting richer and richer.

A: Nobody is more surprised than I am about the good roles I'm getting! There are thousands of actors and only a handful work all the time. Susan Sarandon and Meryl and Goldie and Bette all seem to work a fair amount. Being a movie star is a rare job. Nobody gives you any guarantees that you'll get to do it forever. It's a very lucky and privileged position to be in.

Q: Does your history inspire you as much as your future?

A: I love visiting my mother and poring over her old scrapbooks filled with memories and tidbits. Memories inspire me. I love to look over the pages of a life and see all the wonderful moments. You've got to make the most of every one. You realize that so much when you get older. I want to be a doer. I've done a lot of thinking in my life and I've probably thought, well, way too much. Too much thinking can turn negative on you. Why concentrate on yourself so much? That's a young person's game. I don't want to spend that much time in the mirror—literally or figuratively.

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Laughs by the Dozen

Bonnie Hunt's got a hit TV show and now a family-friendly flick with Steve Martin. Here, she sounds off on plastic surgery, younger men and the magic of mothers

BY LAURA BROUNSTEIN



Bonnie Hunt, 39, is the kind of person who is so down-to-earth, she actually means it when she says, "It's always a joy to have 12 kids around." She's referring to the cast of her new movie with Steve Martin, *Cheaper by the Dozen*. We caught up with her on the set of her hit ABC sitcom, *Life with Bonnie*, and she was full of enthusiasm for her co-stars in the film. "It's always great to have animals on the set. And children. But let's leave Steve out of it," she deadpanned.

Cheaper by the Dozen is all about the nuttiness that goes with big families, which you know something about, coming from a family with seven kids. How did your mom handle it all?

You know, people ask me how I do everything: acting, writing, producing and directing *Life with Bonnie*, and I think, Wow, it's *nothing* compared to what one day in my mom's life was like. She just had it all under control. You'd lose a shoe at my house, look for it for 10 hours, and then she'd walk in and go, "There it is." It's that *I Dream of Jeannie* magic that moms have.

If you could have your own magical power, what would it be?

The power to heal. I have a sister with rheumatoid arthritis, and I wish I could take it away.

Before acting, you were a nurse. What's your opinion on Hollywood's plastic surgery epidemic?

I don't judge, because I do understand it. Personally, I'm just afraid of it. I've worked in the kitchen, so to speak. There are risks involved and a big one is that you'll never look like *yourself* again. There's something beautiful about the ability to have expression and a road map of your life's experiences. So many actresses get so much done and look like they're constantly at their own surprise party.

Tell us about the adorable Tom Welling, *Smallville*'s Clark Kent, who plays one of your teens in *Cheaper by the Dozen*.

Please! It was bizarre! He was playing my son, and I found him so attractive. There's an outtake at the end of the film of a moment between Tom and me that went horribly wrong. We start kissing.

You're a married woman! Was it an improvisational moment?

Of course! We were doing a scene and went for the same joke at the same time and just started making out. I'm going to watch it 600 times when I get the video.



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It's a good time to be a kid, because so many grooming products are now being created just for them. The cutest yet: Circle of Friends, a collection of shampoos, conditioners and other products made from botanical extracts, such as sage and chamomile, that come packaged with fascinating facts on foreign cultures for bathtime fun. Try Maria's Buenas Noches Bubble Bath, $9; 800-267-4781. We also like Cozi Cuts for Kids alcohol-free styling gel, $9.95; 212-744-1716.

Ask the Beauty Director

Q: I'm a soldier in Iraq and many of m fellow servicewomen and I suffer from thinning hair. We think it's due to the fa that we have to wear our hair pulled ba under helmets. The medics tell us to we our hair down as often as we can, but I don't think that's helping. What do you suggest? —Jaime Labinski,

A: I spoke to dermatologist Lydia Evans, M.D., who says you may have traction alopecia, a common condition usually caused by excessiv hair pulling. "The only real cure is to stop the pulling," says Dr. Evans. "So when your hair is up, keep it as loose as you can." Good nutrition is critical, too, so increase your vitamin intake with supplements containing B6. Last give your scalp a nightly stimulating massage.



Beauty Director Patricia Reynoso

HEALING BALMS

In this age of multitasking madness, it's wonderful when products can meet basic beauty needs and provide a therapeutic benefit to boot. The scented moisturizer balm Zents Concreta ($29), pictured at right, does both jobs well. It's made with shea butter and jojoba oil, which protect and heal dry skin, and it has floral extracts and essential oils that lend a subtle fragrance. Dab on elbows, knees, hands, cuticles—anywhere your skin gets winter-dry. You can even apply some to your hair; the balm doubles as a styling pomade and fragrance that lasts (hair holds scent for up to 14 hours). Also great: MAC Tinted Lip Conditioner SPF 15 ($10.50), at left, which gives great shiny color while conditioning with avocado oil.







To ask Beauty Director Patricia Reynoso a question, go to www.lhj.com/askbeauty

Soaps That Soothe

If you prefer bar soaps to shower gels, but could do without the dryness soap can cause, then you'll be happy to know that not all bars are created equal. Today's best soaps cleanse and improve skin texture. Look for bars rich in hydrating ingredients, such as aloe and vitamin E, which linger on the skin long after you've rinsed. Soaps with antioxidants may help repair damage from sun overexposure. The best part? Most smell divine and look pretty in your bathroom. Clockwise from top left: Archipelago Botanicals Signature Series Soap ($12); Fresh Rice Skin Bar ($25); Lush C-Weed Bar Soap ($5.95); Fresh Soap in Hesperides ($11); Fresh Soy Pure Vegetable Soap ($14); Caswell-Massey Almond Cold Cream Soap ($22 for three); L'Occitane Verbena Soap ($5) and Ohm by Olay Beauty Bar ($4.50).



BEAUTY INDULGENCE

A Brush With Greatness

If flawless-looking, long lasting makeup is your ... after, then you'd be wise to invest in a high-quality makeup brush, like Kevyn Aucoin Beauty's Super Soft Buff Powder Brush. At $65, this brush is a splurge, but worth every cent. The goat-hair bristles ... length distributes loose and pressed powder, blush and ... shampoo will ensure it lasts and lasts. To buy, ...





Poised and Polished

Julie Chen, 33, is geographically challenged: She co-anchors CBS's *The Early Show* in New York City, and hosts the Los Angeles–based reality show *Big Brother.* But luckily, looking good while whizzing from coast to coast has become second nature (well, almost). "I do have the luxury of having my hair professionally blow-dried and my makeup done," says Chen, who starts most days at 3:30 A.M. Yet this self-professed "beauty junkie" (she says she used to play hairdresser as a kid) still knows what to do, makeup-wise, when left to her own devices.

"I like a 'done' look," says Chen. She always wears a good foundation and uses smoky eyeshadow, eyeliner and mascara to create the polished, sophisticated look she loves. When hosting *Big Brother,* however, Chen gets a little more adventurous, opting for an even smokier eye and a bit of glitter to highlight her cheekbones.

News to you: Don't get locked into one look. You can play up different features depending on your mood or the occasion.

Breaking News

Our top story: These four busy newswomen need to look dynamite on the double, every day. Here, they give us the scoop on their beauty secrets for gorgeous skin, hair and more

PHOTOGRAPHS BY GEORGE LANGE

PRODUCED BY CARLA ENGLER TEXT BY PATRICIA REYNOSO

Beauty

Eyes That Say Wow!

With all the recent changes in Melissa Stark's life, it's hard to say which has affected her beauty routine more: becoming the national correspondent for NBC's *Today* show or giving birth to her first child, Michael, now 4 months old. Not surprisingly, each new role presents its own beauty challenges. "On days when I'm not working, it may be 5 P.M. before I even take a shower!" she says with a laugh.

Her years as a sports reporter for ESPN and ABC's *Monday Night Football* taught Stark, 30, a thing or two about getting camera ready, *fast*. It all starts with a great foundation, she says, as well as makeup that makes her eyes "pop." "When you're speaking, people look at your eyes, so they need to look special," she explains. To get a natural look, Stark uses earth-tone shades and lines her eyes with a powder, instead of a pencil, for extra staying power.

News to you: Work your best feature—and take it to the hilt. If you're unsure how to enhance your strong points, ask for help at your favorite beauty counter.



Close Up and Confident

Maria Menounos, co-host of *Entertainment Tonight*'s red carpet correspondents, looks stress free despite her hectic schedule of premieres and parties. But it's not all thanks to great genes—Menounos also has a keen understanding of what beauty strategies work for her. The reporter and part-time actress (she has a recurring role on CBS's *Without a Trace*) is a former makeup artist, model and Miss Massachusetts Teen USA. "In the pageant world, you have to do your own hair and makeup," she says. "So today, having someone else do the work is a real treat."

There are a handful of products that Menounos would do without when doing her own makeup, including concealer, mascara, blush and foundation. As camera-obsessed as she is, though, Menounos says she doesn't always aim to look camera ready. "I don't do anything special when I'm on the air.

News to you: Once you have your "game face" on for the day, don't fret about any imperfections in your look. "Self-confidence is a woman's best asset."



Hair That Works Hard!

Growing out a shag cut is awkward enough, but doing it in front of millions of TV viewers is downright brave. Daryn Kagan, 40, the anchor for CNN's *Live Today,* did just that last year, although she didn't really have a choice. "I was covering the sniper story in Washington, D.C., and I got busy and missed a couple of haircuts," she says. "Then I learned that I would be heading to Kuwait and decided to keep letting my hair grow so I could pull it back." Kagan recalls some fairly bad hair days on the air, but didn't agonize over them. Unfortunately, her viewers didn't share her carefree attitude. "I was covering the space shuttle disaster and a woman came up to me demanding to know what was up with my hair!" Kagan says.

Still, Kagan respects the power of a polished hairdo and is happy to have the pros tend to her tresses. "You can't replace a good blow-dry," she says.

News to you: Don't ever feel married to a haircut. Your hairstylist can share tricks that will keep your hair looking good while it grows out.



Julie Chen
Faking Flawless Skin

Hair How-to
Chen styles her hair so that it stays put without looking shellacked. To get that soft hold, she applies Sebastian Wet Form Fitting Gel ($8.99) with her fingers after shampooing. The gel also makes her hair easy to style. Other styling products to try: Terax Original Styling Gel ($8) and DuWop Hands2 Hair Styling Creme ($16).

Super Skin Secrets
"Finding the perfect foundation has been a huge challenge, but I succeeded a few years ago when I discovered Bobbi Brown's Oil Free Even Finish Foundation SPF 15 [$36]," says Chen. She credits the formula's yellow undertones for making her complexion appear flawless. Many makeup companies now make yellow-based foundations, which is great news because so many people have some yellow tones in their skin. (Prescriptives, which has many yellow-based foundations, is also a good line to try.)

Chen is also diligent about taking good care of her skin. She gets a monthly facial to keep breakouts at bay, and she's a huge fan of Obagi Effectives ($68), a vitamin C serum developed by a dermatologist. "My skin is oily, and this product has made it better. Even my makeup artist told me she's never seen my skin look so good." For a similar skin-perfecting effect, try Cellex-C High-Potency Serum ($90).



Melissa Stark
Full an Fabulou

Hair How-to
Like countless women everywhere, Stark is utterly frustrated by her stick-straight hair, which can fall flat quickly. To get a fuller, more voluminous look takes some effort, she concedes, but it's possible by styling with Velcro rollers, spritzing with a thickening product, then blow-drying with a round brush. Her current favorite: Catwalk Tigi Root Boost ($11). Also great to try: Graham Webb Thick Root Volumizing Spray ($16.95) and Physique Volume Boosting Foam ($6.99).

Super Skin Secrets
"Moisturizer is my big thing," says Stark, who says she particularly loves Aveda's Botanical Kinetics Hydrating Lotion ($28). "Without it, my skin is uncomfortably dry." Another great basic moisturizer to try is Estée Lauder Hydra Complete ($40). Stark attributes her clear, problem-free complexion to the fact that she drinks a lot of water. "I never have skin issues," she says. However, her healthy habits don't apply to her nails, which she bites. "I need to have manicures every week. That way, my nails look so pretty that I don't want to ruin them!"



Maria Menounos

Glowing, Glamorous Skin

Hair How-to

"I wash my hair only twice a week for two reasons," says Menounos. "First, my hair takes a major beating between highlights and daily styling, and second, it's easier to style if it's a little dirty." The problem is keeping it from looking too greasy between shampoos. Her solution: She rubs a bit of baby powder into the roots, which magically makes dull locks look clean again. Try traditional baby powder or Bumble and bumble's Hair Powder ($27) for the same effect

Super Skin Secrets

Since a healthy, clear complexion is a must-have—on the air and off—Menounos is diligent about her skin-care regimen. Each night she removes every trace of makeup with a handy cleansing cloth, such as one of Pond's Cleansing and Make-Up Remover Towelettes ($5.99). "They're just the fastest way to clean your face," she says. She also applies Origins' Eye Doctor cream ($25) for instant depuffing and moisturizing

Do-it-yourself beauty recipes also work gre[illegible] says, and she gets many of them from her mom. She taught me to rub a cut lemon on my face to clean out my pores, and to place tea bags over my eyes to reduce puffiness. They work!"

Daryn Kagan

Easy-Care Hair

Hair How-to

Growing up with a mane of thick, curly hair, Kagan had to figure out how to smooth it out when necessary. Today, her get-it-straight kit includes a blow-dryer, a big round brush, a flat iron, straightening hair gel and hairspray. Paul Mitchell Super Clean Hairspray ($10.99) is her current favorite, while Bumble and bumble's Straight gel ($20) gets the smoothing job done.

Super Skin Secrets

Kagan's makeup routine involves many products: concealer, foundation (Bobbi Brown Foundation Stick, $36), eyeshadow and brow-shaping products. "I tweeze and shape my brows daily," she says. "It's just my thing to do."

"I also try to get eight hours of sleep," she says. "I [illegible] e that our bodies are like bank accounts and [illegible] ping records. Cheat yourself of sleep and you'll pay for it by either getting sick or getting stressed." She helps ease herself to bed with a soothing night body cream, such as Clarins Tranquility Silky Smooth Body Cream ($36).



PHOTOGRAPHS BY DIDIER GAULT
PRODUCED BY CARLA ENGLER



Get Some Winter Wow

Winter blues got you down? Add zip to our style with vibrant pink, hot orange and bright lemon yellow!

Add plenty of pizzazz to basic black and play to your daring side, too, with a slim-fitting, tulip pink biker jacket. Jacket, $220, pants, $175, both Cynthia by Cynthia Steffe. Boots, Cesare Paciotti. Driving gloves, La Crasia. Helmet, Vespa



A soft, sky blue can give your wardrobe a much needed mid-season lift. A perfect example: this fabulous, ribbed zip-front sweater and light gray pencil skirt that shine when topped with an unconventional silver shiny trench coat. And don't hesitate to wear the trench with your favorite pair of jeans; it'll add just the right amount of chic to your weekend style. Tip: One shot of shimmer is plenty, so choose your focal point and dress around that. Sweater, Gap, $48. Coat, Liz Claiborne, $399. Skirt, Linda Allard Ellen Tracy, $185. Gloves, La Crasia

BEAUTY BONUS: Keep your hair touchable and in place with Wella Liquid Hair Resilient Spray Gel, $11.


Give a trim navy trench some pop! A surprising strong pink make- ...nds boldly striped classic shirt, '70s scoop-neck "poorboy" sweater and slim skirt thoroughly modern. To finish the look, wind a luxurious cashmere scarf around your neck to ward off the winter chill. Shirt, $68, skirt, $69, trench coat, $149, all Jones New York Signature. Sweater, New York and Company, $29.50. Shawl, M-A-G, $100. Gloves, La Crasia. Fishnets, Leg Resource. Sunglasses, Michael Kors



Opposite page: Sophisticated street style begins with sleek, straight lines and bold color. Left: This white quilted ski jacket turns chic when it's worn over a bright orange, white-tipped V-neck and snow white turtleneck. V-neck, Baldanza, $54. Turtleneck, Rebecca Beeson, $46. Jacket, Old Navy, $68. Pants, Linda Allard Ellen Tracy, $245. Gloves, La Crasia. Right: A citrus orange nylon athletic jacket, hot pink zip-up racing sweater and orange turtleneck pack a powerful punch against the winter blues. Zip-up sweater, Baldanza, $76. Turtleneck, Jones New York, $99. Jacket, Nautica, $98. Skirt, Jones New York Signature, $54. This page: You'll stop traffic in this salmon-colored suede miniskirt. Just balance it out with a dark brown leather-like jacket and stretch-suede boots in a neutral tone. Echo your color in your choice of accessories, like we did with this textured leather bag and fishnet tights. Jacket, RQT, $38. Skirt, New Frontier, $120. Boots, Delman. Bag, Francesco Biasia. Fishnets, Leg Resource







Opposite page: Racing-flag graphics make patterns a go this season. Here, a plain red turtleneck offsets a look that already speaks for itself. Coat, $159, skirt, $69, hat, $24, all Nine West. Turtleneck, Jones New York, $99. Boots, Sigerson Morrison. Watch, Splash. Gloves, La Crasia.
This page: Welcome color into your wardrobe and watch it bring life to any outfit, as this bright patent bag and spectator pumps add oomph to a slim skirt and sweater. Shoes, BCBG Max Azria, $168. Bag, Lulu, $32. Sweater, M-A-G, $132. Skirt, Linda Allard Ellen Tracy, $225

BEAUTY BONUS: Give your overworked feet a little TLC by massaging them with Burt's Bees Coconut Foot Cream, $9.

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- Correcting the imbalance of these two chemicals may help relieve symptoms of depression.

Talk to your doctor about your symptoms, and ask if EFFEXOR XR is right for you.

Before starting EFFEXOR XR Capsules, tell your doctor about any medications you're taking, including over-the-counter drugs and herbal supplements. People taking MAO inhibitors should not take EFFEXOR XR. Pregnant or nursing women shouldn't take any antidepressant without consulting their doctor. Side effects with EFFEXOR XR may include nausea, dizziness, sleepiness, delayed ejaculation, sweating, dry mouth, nervousness, insomnia, anorexia, and constipation. EFFEXOR XR may raise blood pressure in some patients, so blood pressure should be monitored regularly. When people suddenly stop using or quickly lower their daily dose of EFFEXOR XR, discontinuation symptoms may occur. Talk to your doctor before discontinuing or reducing your dose of EFFEXOR XR.

ONCE-DAILY
VENLAFAXINE HCl
EFFEXOR® XR EXTENDED RELEASE CAPSULES

The change you deserve.™

PATIENT INFORMATION FOR EFFEXOR® XR (venlafaxine HCl)

What is the most important information that I should know about EFFEXOR XR?

14 days before beginning EFFEXOR XR. Similarly, you should wait 7 days after stopping EFFEXOR XR

What is EFFEXOR XR?

and Social Anxiety D s

Depression

Symptoms of depress on are different depend ng on the person. Symptoms of

- Restlessness or s owed movements
- Feeling worthless, or feeling gu lty
- Trouble concentrating or making decis.ons

te attempt is nherent in depression and may persist until significant

Generalized Anxiety Disorder (GAD)

characterized by feelings of excess ve anxiety and worry that can't be controlle are present for at least 6 months. Other symptoms of GAD include

Social Anxiety Disorder (SAD)

This fear severely disrupts day-to-day functioning. Other symptoms of SAD may include

- Physica symptoms such as blush ng, sweating, trembling, fast heartbeat, and nausea

Who should not take EFFEXOR XR?

Do not take EFFEXOR XR f you are allergic to EFFEXOR XR (venlafaxine HCl) or any of its

EFFEXOR XR can make some conditions worse. Te l your doctor about all your medical problems.

Be sure to tell your doctor if you have or had

- ver or k dney problems. Your dose of EFFEXOR XR may need to be different
- g thoughts, hyperactivity, and rapid, excessive speech.
- R XR may ncrease your eye pressure. You may need more frequent

doctor about a medicines that you p an to take, inc ud ng prescription and non-prescr p on med c nes and supp ements (ncluding natura and herbal supp or ss de if you can take EFFEXOR XR with other medicines

How EFFEXOR XR works

How should I take EFFEXOR XR?

- EFFEXOR XR should be

for the m ssed dose b.

What should I avoid while taking EFFEXOR XR?

operating mach nery. Avo d dr nk ng a cohol wh e tak ng EFFEXOR XR. EFFEXOR XR may cause other side effects t

What are the possible side effects of EFFEXOR XR?

EFFEXOR XR may cause s de effects r

- Dizz ness
- Dry mouth

Tell your doctor right away if you have

www.EFFEXORXR.com

Can children take EFFEXOR XR?

EFFEXOR XR is not approved f increased report

What happens when I stop using EFFEXOR XR?

ng EFFEXOR XR, especia stop therapy

too fast. Some of these symptoms nclude

- Dry mouth
- Nervousness
- Tredness
- Tremor
- Se z
- Headaches

General advice about EFFEXOR XR

mat on about EFFEXOR XR. If you would like

What are the ingredients in EFFEXOR XR?

EFFEXOR XR contains venlafaxine hydrochlor de, an antidepressant. Inactive ingredients vice lu ose, gelatin, hypromellose, iron oxide, and titanium dioxide. &C Red #28, D&C Yel ow #10, and FD&C Blue #1.

How to store EFFEXOR XR

For more information on EFFEXOR XR

www.EFFEXORXR.com

based on EFFEXOR XR Prescr b ng Information W10404C005, 2003

Wyeth®

NFORMATION FOR PATIENTS OR THEIR PARENTS

TRATTERA™ (atomoxetine HCl)

Read this information before you start taking STRATTERA
ead this information you get each time you get
ay be new information. This information does
alking to your doctor about your medical condition or t

What is STRATTERA?

STRATTERA is a non-stimulant medicine used to treat Attent
yperactivity Disorder (ADHD). STRATTERA contains at
ydrochloride, a selective norepinephrine reuptake inhibitor. Your doctor
as prescribed this medicine as part of an overall treatment plan to control
our symptoms of ADHD

What is ADHD?

ADHD has 3 main types of symptoms: inattention, hyperactivity, and
npulsiveness. Symptoms of inattention include not paying attention,
aking careless mistakes, not listening, not finishing tasks, not following
irections, and being easily distracted. Symptoms of hyperactivity and
npulsiveness include fidgeting, talking excessively, running around at
appropriate times, and interrupting others. Some patients have more
ymptoms of hyperactivity and impulsiveness while others have more
ymptoms of inattentiveness. Some patients have all 3 types of symptoms.

Symptoms of ADHD in adults may include a lack of organization,
roblems starting tasks, impulsive actions, daydreaming, daytime drowsiness,
low processing of information, difficulty learning new things, irritability,
ack of motivation, sensitivity to criticism, forgetfulness, low self-esteem,
nd excessive effort to maintain some organization. The symptoms shown
y adults who primarily have attention problems but not hyperactivity have
een commonly described as Attention-Deficit Disorder (ADD).

Many people have symptoms like these from time to time, but patients
ith ADHD have these symptoms more than others their age. Symptoms
nust be present for at least 6 months to be certain of the diagnosis.

Who should NOT take STRATTERA?

Do not take STRATTERA if:

- you took a medicine known as a monoamine oxidase inhibitor (MAOI) in the last 2 weeks. An MAOI is a medicine sometimes used for depression and other mental problems. Some names of MAOI medicines are Nardil® (phenelzine sulfate) and Parnate® (tranylcypromine sulfate). Taking STRATTERA with an MAOI could cause serious side effects or be life-threatening.
- you have narrow angle glaucoma, an eye disease
- you are allergic to STRATTERA or any of its ingredients. The active ingredient is atomoxetine. The inactive ingredients are listed at the end of this leaflet.

What should I tell my doctor before taking STRATTERA?

Talk to your doctor before taking STRATTERA if you:

- have or had liver problems. You may need a lower dose
- have high blood pressure. STRATTERA can increase blood pressure.
- have problems with your heart or an irregular heartbeat. STRATTERA can increase heart rate (pulse).
- have low blood pressure. STRATTERA can cause dizziness or fainting in people with low blood pressure.

Tell your doctor about all the medicines you take or plan to take, including prescription and non-prescription medicines, dietary supplements, and herbal remedies. Your doctor will decide if you can take STRATTERA with your other medicines.

Certain medicines may change the way your body reacts to STRATTERA. These include medicines used to treat depression [like Paxil® (paroxetine) and Prozac® (fluoxetine)], and certain other medicines (like quinidine). Your doctor may need to change your dose of STRATTERA if you are taking it with these medicines.

STRATTERA may change the way your body reacts to oral or intravenous albuterol (or drugs with similar actions), but the effectiveness of these drugs will not be changed. Talk with your doctor before taking STRATTERA if you are taking albuterol.

How should I take STRATTERA?

- Take STRATTERA according to your doctor's instructions. This is usually taken 1 or 2 times a day (morning and late afternoon early evenu
- You can take STRATTERA with or without food
- If you miss a dose, take it as soon as possible, but do not take more than your total daily dose in any 24-hour period

STRATTERA

time each day may help you remember.
dosage strengths: 10, 18, 25, 40

take more than your prescribed dose

Important safety information about STRATTERA

or operating heavy machinery until you

RATT

- planning to become pregnant
- breast-feeding. We do not know if STRATTERA can pass into your milk

What are the possible side effects of STRATTERA?

The most common side effects of STRATTERA used in teenagers and children over 6 years old are:

- upset stomach
- used appetite
- a or vomiting
- dizziness
- tiredness
- mood swings

Weight loss may occur after starting STRATTERA. It is not known if growth will be slowed in children who use STRATTERA for a long period of time. Your doctor will watch your weight and height. If you are not growing or gaining weight as expected, your doctor may change your treatment of STRATTERA.

The most common side effects of STRATTERA used in adults are:

- constipation
- dry mouth
- nausea
- decreased appetite
- dizziness
- problems sleeping
- sexual side effects
- problems urinating
- menstrual cramps

Stop taking STRATTERA and call your doctor right away if you get swelling or hives. STRATTERA can cause a serious allergic reaction in rare cases.

This is not a complete list of side effects. Talk to your doctor if you develop any symptoms that concern you.

General advice about STRATTERA

STRATTERA has not been studied in children under 6 years old.

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use STRATTERA for a condition for which it was not prescribed. Do not give STRATTERA to other people, even if they have the same symptoms you have.

This leaflet summarizes the most important information about STRATTERA. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information on STRATTERA that is written for health professionals. You can also call 1-800-LILLY-RX (1-800-545-5979) or visit our website at www.strattera.com.

What are the ingredients in STRATTERA?

Active ingredient: atomoxetine.

Inactive ingredients: pregelatinized starch, dimethicone, gelatin, sodium lauryl sulfate, FD&C Blue No. 2, synthetic yellow iron oxide, titanium dioxide, and edible black ink.

Store STRATTERA at room temperature.

This patient information summary has been approved by the US Food and Drug Administration.

Literature issued January 17, 2003

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ED IN USA

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Indianapolis, IN 46285
www.strattera.com

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Only Brita has a 2-stage filter. So even if there's sediment in your pipes, it won't get in you.

BRITA

BRITA

Secrets of People Who've Lost Weight—for Good

Researchers have long studied why diets fail. Now they know what makes them succeed. Here, long-term "losers" share their strategies for keeping it off for life

We know, we know: The odds of losing weight and keeping it off are depressingly bad. But thanks to the recent efforts of two pioneering researchers, we now know more than ever before about what *can* be done to make lost weight stay lost for the long term. Ten years ago, these two people decided to launch an in-depth analysis of the habits and lifestyles of those enviable folks who had maintained a major weight loss over a significant period of time. Thus, the National Weight Control Registry was born.

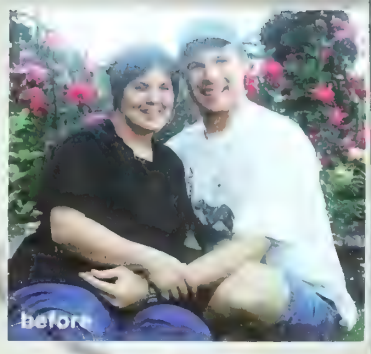
The co-founders, James Hill, Ph.D., director of the Center for Human Nutrition at the University of Colorado Health Sciences Center, in Denver, and Rena Wing, Ph.D., director of the Weight Control and Diabetes Research Center at The Miriam Hospital, in Providence, Rhode Island, have built their database to include nearly 4,000 people (for information, call 800-606-6927). To enroll, participants must have maintained a weight loss of 30 pounds for at least one year, but the average is an admirable 66 pounds kept off for 5.5 years. That's quite an accomplishment, since many studies suggest that the majority of people who've lost weight will eventually [illegible] percent of registry members had previously tried and failed—in [illegible] at the University of Kentucky, for example, people [illegible] 73 percent of their lost weight, on average, in the first three years. At the end of seven years, only one out of four had been able to maintain even a 10 percent weight loss.

"The reason people fail in weight management is because they make temporary fixes rather than permanent lifestyle changes," says Dr. Hill. "They can't maintain whatever diet or program they've chosen, so they go back to the way they were behaving before, and all of their weight comes back."

But even those who have managed to maintain healthy new [illegible]

BY SHARLENE K. JOHNSON

"I went from a size 14 to a size 4," says Philadelphia meteorologist Amy Freeze Arbuckle



habits may see their weight loss sabotaged. "When you lose weight, you lose body mass, and your metabolic rate goes down," Dr. Hill says. As a result, "you require fewer calories to maintain your weight than you did before." You'll burn fewer calories during exercise once you're slimmer, too, because your body doesn't have to work as hard as it did when it had more mass to move. All this, of course, does not undercut the health benefits of even a small weight loss. "Research shows significant benefits, such as improvements in blood pressure, blood sugar and cholesterol levels, with just a 5 to 10 percent weight loss," says Stanley Heshka, Ph.D., a research associate at the Obesity Research Center and at Columbia University's Institute of Human Nutrition, both in New York City.

So, to keep off lost weight, you have to eat incrementally less, move incrementally more or, ideally, do both—for life. "If you revert back to your old lifestyle, I guarantee you'll go right back to your old weight," says David Levitsky, Ph.D., professor of nutrition and psychology at Cornell University in Ithaca, New York.

That's a difficult challenge, but an impossible one. Just ask the people on the weight registry. They have little in common when it comes to how they lost their weight in the first place, yet those who have succeeded in keeping the pounds off share several key habits. Copy their five strategies, and you, too, can beat the odds.

1. MOVE IT TO LOSE IT

Good news for people who don't want to sign on for starvation: When it comes to maintaining weight loss, exercise may be even more important than watching what you eat. In studies of people who have lost weight, researchers repeatedly single out physical activity as one of the most important ways the maintainers keep the weight from sneaking back. According to an analysis of multiple studies in the *American Journal of Clinical Nutrition*, "those who exercised more had significantly greater success in weight loss maintenance than did those who exercised less."

Registry members are no exception. In fact, only 9 percent maintain [illegible] weight without regular physical activity. But it doesn't have to be [illegible]. Walking is the most popular activity (chosen by more than 75 percent), followed by cycling, weight lifting, aerobics, running and stair climbing. On average, registry women burn about 2,545 calories per week through physical activity. That equals roughly an hour of moderate-intensity exercise, such as brisk walking, every day.

What's more, the percentage of women in the registry who lift weights is more than double the rate of weight-lifting women in the general population. This doesn't necessarily mean pumping heavy iron. Many strength-training experts suggest using smaller weights and higher repetitions to tone up. However, it's not clear to what extent weight training might be helping registry participants keep the weight off, although it may slightly increase metabolic rate by building additional muscle, says Dr. Heshka.

Real-life inspiration: Knowing you need to exercise and actually doing it are two very different things. For Heather Hurless, 29, part of the solution was joining an all-female health club in Fort Collins, Colorado. "The women there were so supportive. If I'd miss three or four days, they'd say, 'Where have you been? Are you all right?' It was a small, intimate environment, and they cared about health—not appearances," says Hurless, who has since moved to Emeryville, California, where she works with disabled kids. Although she didn't ever officially go on a diet, she dropped 65 pounds and has kept it off for three years with consistent exercise. [illegible]

"I GOT STRONGER AND BETTER!"

A TV meteorologist in Philadelphia, Amy Freeze Arbuckle (left), 29, has two boys, ages 2 and 5. She lost 31 pounds and cut her body fat in half four years ago when she and her husband entered—and won—the Body-for-Life challenge, a 12-week fitness competition based on the book by former bodybuilder Bill Phillips. She's 5 feet 4 inches and weighs 128 pounds.

BABY FAT "After my pregnancies, I was desperate to lose the weight, not only for my health, but because I'm on camera, so it's important to look my [illegible]

THE PROGRAM "I eat six times a day. I can exchange a protein shake for a meal if I want, but it's not an extreme, high-protein diet. I do about 40 minutes of strength training three times a week, plus 25 minutes of cardiovascular workouts on another three days. It's only [illegible]

GETTING FIRED UP "Every 12 to 15 [illegible] different goals, whether it's to run a 5k or to get ready for my 10-year high-school reunion. That helps us stay m[illegible]

EMOTIONAL HIGH "After my transfo[illegible] my life—not just physically, but menta[illegible] increased. I became a better wife, a [illegible]



"YOU HAVE TO DO IT FOR YOURSELF"

Kim Silva (left), 38, lost 105 pounds, primarily on Weight Watchers, and she has kept it off for more than two years. She lives in Atlanta with her husband and two children, ages 11 and 17, and now works part time for Weight Watchers. She's 5 feet 8 inches and weighs 155 pounds.

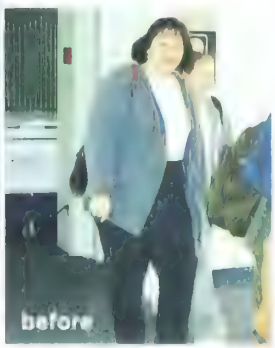
SCARED SKINNY "When I got to 260 pounds, my blood pressure went sky high, and my doctor put me on medication. I realized that if I kept living and eating the way I was, I wasn't going to be around for my kids. I wasn't happy, and I didn't want to live like that anymore."

DOWNSIZED "After I lost the first 40 pounds, my blood pressure returned to normal. Now I wear a size 8. I had to buy everything new—now I can wear all those cute little styles I always wanted."

MAINTENANCE PLAN "I eat a lot more fruits and vegetables and less meat. I pop on the scale first thing every morning, and I work out five days a week, either walking or taking an aerobics class."

WISE WORDS "You have to lose weight for yourself, not because your doctor or your spouse asked you to. You have to decide that you've had it with being fat. If you don't change permanently, you'll end up exactly where you were before."

THE NEW ME "People say they hardly recognize me. I'm still the same person, but losing weight has given me the confidence to try new things. For example, I've always wanted to run the Peachtree, a 10k road race here in Atlanta. This year, I did it!"



2. CUT THE RIGHT AMOUNT OF FAT

Despite what the diet books tell you, "a calorie is a calorie," says Dr. Levitsky. "However, by eating fat you're consuming a high concentration of calories at one time." In a study at the National Institutes of Health Clinical Center Nutrition Department, in Bethesda, Maryland, women whose fat intake was less than 25 percent of their total calories kept off the greatest share of their lost weight three years later.

Similarly, registry members report getting [illegible] percent of their calories from fat, although the actual number may be higher because self-reported food diaries tend to underestimate [illegible]. They probably get between 30 and 50 percent, Dr. Hill acknowledges. It's less fat than most people eat, which is somewhere around 35 to 40 percent, but it isn't prohibitively low." The average fat intake of both groups is two or three times higher than the 10 percent or so recommended in very low fat diets, yet it's nearly half the typical fat content of high protein, low carb diets, which can top 50 percent.

[illegible] Although she lost 90 pounds on the Atkins diet, Jennifer Edmonds, 33, has maintained her weight loss for the past three years in anti-Atkins fashion by keeping a close eye on her fat intake. "With Atkins, I could eat a lot and feel satisfied and still lose weight. I got the results I wanted, but it's not a diet you can stay on for life," says Edmonds, who works in banking in Cleveland, Ohio. "I want a lifestyle where I can incorporate everything; if a birthday is coming up, I want to be able to have a piece of cake without beating myself up over it. Because I elect to eat carbs, watching my fat intake is a way to maintain my weight."

3. REMEMBER THAT CALORIES COUNT

On the other hand, "many registry members haven't just gone low fat and then not worried about calories," cautions Dr. Hill. About 44 percent actually count the calories they consume. As with fat intake, registry member estimates of eating only

about 1,381 calories per day are probably inaccurate. "Any time you ask people to count their calories, they underestimate," Dr. Hill says. Some studies have found that such calculations can be several hundred calories shy of the actual daily number. Still, the fact that people can estimate at all is revealing. "The point is, they're paying attention to calories, not just diet composition or food group percentages," says Dr. Hill. Low-fat foods, for example, are often still high in calories.

Yet high-fat, high-protein plans that restrict carbohydrates aren't necessarily a long-term solution either, despite a growing number of reports that such diets can result in rapid weight loss. "There's considerably less evidence for weight maintenance on low-carb diets than there is for weight loss," says Dena Bravata, M.D., a senior research scientist at Stanford University's Center for Primary Care and Outcomes Research, in California, and author of a recent review of studies on low-carb diets.

"Studies show that people who have the greatest long-term success on low-carbohydrate diets do so because they restrict calories," Dr. Bravata says. As Jennifer Edmonds did, they probably compensate for the additional calories they get when they start eating more carbohydrates by cutting back on the fat and calorie-laden proteins. For the record, less than 1 percent of registry members eat a low-carbohydrate diet.

Real-life inspiration: Michele Simon, 38, lost 30 pounds eight years ago using the low-fat, mostly vegetarian eating plan outlined in Dr. Dean Ornish's book, *Eat More, Weigh Less*. She lost another 10 pounds after giving up most packaged, processed foods. But even on a [illegible]

Get Your Family to Help You Lose It

Donna Boudreau, 39, has had company on the path to her ideal weight every step of the way. Her husband, two teenage children and even the family dog were literally by her side as she walked her way from 203 pounds to 140 pounds. And they have stayed there, exercising with her and encouraging her, as she's kept it off for the past two years.

Support is crucial for people trying to lose weight or keep it off, say experts. And studies have found that family members can have a positive effect. "I was determined to get control of my weight, and the support of my family made me even more determined," says Boudreau, a municipal clerk in Vassalboro, Maine. She said it made a big difference to have her family with her as she exercised. "It became part of the routine, so [illegible]going wasn't an option," she says. "There was no sabotage, no one ever said, 'Oh, it's too cold; let's not go today.' "

In addition to joining her on her long daily walks, her husband, Jon, praised her progress, her son, Michael, worked out with her on a weight bench in the basement, and her daughter, Sara, helped her make healthier food choices.

"There are many types of support," says Howard Rankin, Ph.D., psychological adviser to TOPS (Take Off Pounds Sensibly, a nonprofit weight-loss support group). "The crucial one is to help you keep your perspective, to anchor you and keep you from sliding off the successful path you're on." —*Chryss Cada*

How Emotions Make You Eat

What's the first thing you reach for when you feel discouraged, stressed, lonely or worried? If you're like most women, it's not a set of weights or the phone to call a sympathetic friend. More likely, it's cookies, chips or ice cream. There's a biological reason we reach for sweets, not broccoli, when we're feeling low, says Elizabeth Somer, R.D., in her book *Food & Mood*. "The very taste of something sweet on the tongue," she says, "immediately releases endorphins, our body's natural morphine-like chemicals that can produce feelings of euphoria and satisfaction."

[illegible] *Comfort: How People Regulate Mood with Food and Exercise*, Robert Thayer, Ph.D., a psychology professor at California State University, in Long Beach, says he believes the key to breaking the emotional eating cycle is finding some way to deal with stress, fatigue or bad moods other than eating. Exercise, of course, is one of the best options. For motivation, he [illegible] you try to remember how good (and energized) you felt the last [illegible] workout. If that doesn't work, distract yourself from the [illegible]ppy, such as watching a [illegible]hy novel—or buying an article of [illegible]



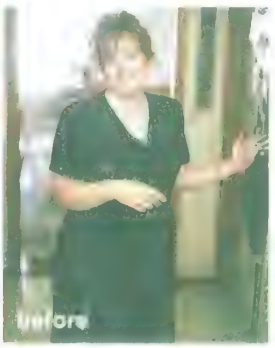
"IT'S A SELF-ESTEEM BOOST"

Zoanne Snider (left), 40, is a registered nurse who's currently a stay-at-home mom in Poland, Ohio, with her husband and two girls, ages 5 and 9. More than three years ago, she lost 82 pounds (in about a year) on the Atkins diet. She is 5 feet 5 inches and weighs 123 pounds.

LIFE-CHANGING MOMENT "After I had my second daughter, my weight topped 200 pounds. I remember walking up the stairs, and when I got to the top, I could hardly breathe. Something clicked, and I knew it was time to take better care of myself."

SLIM AND TRIM "Every morning, I get on the scale, and that's a motivator to me. I'm proud that I've lost the weight and that I'm healthy. My cholesterol is about 170 and my triglycerides are about 88, which is phenomenal."

THE REST OF HER LIFE "The majority of my diet now is salads, vegetables and lean meats such as chicken and turkey. I rarely eat red meat, and I've even gone to reduced-fat cheese. I eat lots of berries and nuts—peanuts, pecans, macadamia nuts. Those are my snacks. I also exercise every day, even if it's just a walk around the block. I do weight training three days a week, and I walk outside when it's nice or on my treadmill in winter."



THE PAYOFF "It's an incredible self-esteem boost. I'm much more energetic and motivated to try new things. Today we took the kids hiking, and I climbed a tree with them. I never would have done that before!"

low-fat, plant-based diet, she has to be vigilant. "I've never been one to count calories, but I do watch portion sizes," says Simon, founder and director of the Center for Informed Food Choices, in Oakland, California, a nonprofit group that advocates a diet based on plants and whole foods. She says that eating out can be a challenge, because portion sizes are so huge. "I try to remember to eat slowly so my body has time to recognize when I'm full."

4. DO IT BY THE NUMBERS

"Some weight-management experts say throw the scale—don't weigh yourself," says Dr. Hill. "Well, successful people in the registry weigh themselves frequently. That isn't surprising to me, because if your goal is to maintain your weight, how are you going to know if you're doing that if you don't weigh yourself?" How often registry members step on the scale varies. Nearly half weigh in at least once a day, and about a third check the scale at least weekly. "Don't worry about the daily fluctuations of two or three pounds—that's just fluid," says Dr. Levitsky. "Watch the general trend and try to keep it steady."

Real-life inspiration: For Melissane Parm, 35, of Portland, Oregon, who lost 81 pounds nearly five years ago on Weight Watchers, switching from weekly to monthly weigh-ins after she reached her goal has worked. "I find it helpful to keep track, but I don't want to obsess about it," she says, adding that she is particularly careful to weigh herself before and after a vacation, so she can tackle any small gains. "A lot of people don't want to get on the scale after a vacation, but you have to remember that the scale is not the place where you gain the weight," she says. "You already weigh whatever you weigh, and the first step to dealing with it is to admit you gained weight."

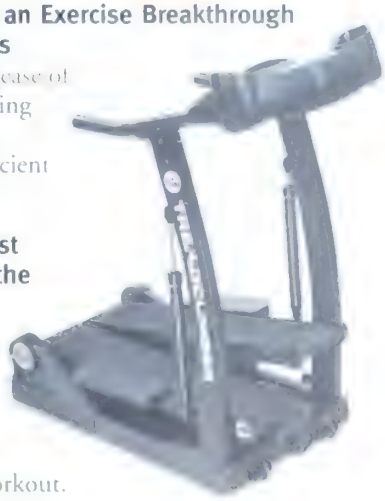
5. BRING ON BREAKFAST

Not only is eating breakfast a common trait of weight maintainers in the registry (78 percent eat breakfast daily), but a separate study by researchers at the University of Massachusetts Medical School, in Worcester, found that CONTINUED



roducing TreadClimber, an Exercise Breakthrough ought to You by Nautilus

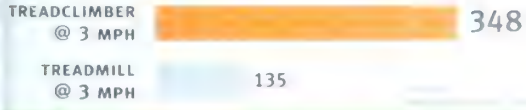
adClimber combines the ease of lking with a natural stepping tion, turning low-impact dio into an incredibly efficient -burning workout!



rn Calories Twice as Fast regular Treadmills, at the me Speed!

3 mph, you'd have to lk for over an hour 7 minutes!) on a admill to match the ories you can burn in one -minute TreadClimber workout.

alories Burned in 30 Minutes



TreadClimber™ Burns 157% More Calories than Treadmills

Get the Body You Want in Half the Time!*

Slimmer hips. A flatter stomach. Stronger, toned legs. You've never [illegible] – this fast – just from walking. Until now.

Just 30 Minutes a Day, 3 Days a Week

That's all it takes to completely change your body. [illegible] Nautilus guarantees results in just 30 days, or return your TreadClimber and get your money back!*



"I lost 50 pounds of fat ... and 15 inches off my waist!"

"I've never seen results like this before— TreadClimber is a miracle worker!"

Matti Neal, 51
TreadClimber Challenge participant



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"LOSING WEIGHT EMPOWERED ME"

Magdalena Bene (left), 38, lost 51 pounds on the Jenny Craig program three years ago. She recently started her own business as a diet and exercise consultant to stay-at-home moms. Bene is divorced and lives in Pasadena, California, with her 13-year-old daughter. She is 5 feet 8 inches and weighs 140 pounds.

THE YO-YO YEARS "I was a chubby little girl, so I starved myself to stay thin as a teen. I put on more weight in college, and from then on, I was constantly yo-yoing up and down. You name it—I tried every diet. About four months before I turned 35, I was cleaning out my closet and realized that my size 14 suits were getting really tight. I thought, I don't want to be heavy and miserable."

WORKING OUT WORKS "I upped my gym workout to six days a week. I did 30 to 40 minutes of cardio every day—biking or walking—and I worked out with weights. For the first time in my life, I was both exercising and following an eating plan, and the weight just melted off."

THE LONG VIEW "It's easy to keep the pounds off because I still work out four to five days a week and monitor my eating—but on Saturday I give myself a cheat day and eat whatever I want!"

THIN AND HAPPY "Losing weight empowers you to feel confident and to do things you've never done before. When I see someone whose weight is holding her back, I want to wrap my arms around her and say, 'If I can change, you can change.' "



before

people who regularly skipped breakfast were 4.5 times more likely to be obese than those who usually ate a morning meal. People in the study actually consumed *more* calories on the days that they skipped breakfast.

Some researchers speculate that skipping meals might lead to greater hunger, which in turn causes overeating later. By that rationale, you may actually consume fewer calories by eating frequent small meals. Registry members tend to eat between four and five meals or snacks every day and indulge in the occasional meal out, eating fast food about once a week, on average, and dining in other types of restaurants about two to three times a week.

"When I was at my heaviest, I never ate breakfast. I was an evening eater," says Louisa Egen, 41, a dental hygienist in Sunnyvale, California. She started eating breakfast as part of the program recommended by Take Pounds Off Sensibly (TOPS, a nonprofit weight-loss support group) and eventually lost 135 pounds, which she has kept off for 11 years. "Breakfast is part of eating a more consistent, balanced diet throughout the day versus waiting until you're ravenous to eat. And I'm less tempted by the goodies around the office!" Her current morning favorite is a shake made with a banana, berries and soy protein powder.

A bottom-line lesson from the registry is that persistence pays: The vast majority of registry members had previously tried and failed to lose weight. But ultimately, they did succeed, and many now say that it takes less effort to maintain the weight loss as time passes. "That's positive because it suggests that if you can keep the weight off for three years, your chances of continuing to keep it off go up," Dr. Hill says. "We started the registry to show that there are a lot of people who can successfully lose weight. There's no simple diet plan that's suddenly going to make it easy. It's hard—but almost every one of these people tell us that it's worth it, that life is much better after weight loss."

CONTINUED

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CHICKEN A L'ORA[illegible]

[illegible]
orange juice concentrate [illegible]
set aside. Over medium heat combi[illegible]
and 1 T Mrs Dash Garlic & [illegible]
4 skinless chicken brea[illegible]
side until browned Sprinkle[illegible]
Seasoning Blend and [illegible]
pour half of orange juice mi[illegible]
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cornstarch into remainin[illegible]
[illegible]
pour sauce over chicken and garnish [illegible]
Preparation time: 0 10 C[illegible]





Dr. Phil's Goal Getters

The psychology guru shares his get-real guide to defining your weight-loss dreams—and mapping out a plan to reach them, from his best-seller, *The Ultimate Weight Solution*

Because I have counseled so many overweight patients, I can tell you with absolute certainty why some people stay fit and others do not. If someone succeeds in keeping weight off for five, 10, 20 or more years, they live by carefully planned goals.

Writing down specific, vividly envisioned goals is an absolute requirement for success. With this strategy, you will achieve your aim because you will know precisely what it is that you want. You will be able to see it, feel it and experience it in your mind.

Express a realistic goal that can be measured. When you can measure an outcome, your chances of success go way up. There is reinforcement and motivating power that comes with seeing yourself succeed. However, you must be realistic. Do not set weight goals that are impossible to achieve.

- Describe your measurable goal (to lose X number of pounds or to walk X number of steps per day using a pedometer, for example):

- Express your goal in terms of specific behaviors and feelings. The most effective and motivating goals are those that describe behavioral change—in other words, what you plan to do. Also, think about how you hope to feel when you reach your goal.

- Describe what you will do (the behavior or actions you must begin, change or stop in order to lose weight):

- Describe how you want to feel (proud of your new shape, more energetic, at peace with your body and so forth):

Unless you attach a schedule to your goals, they become nothing more than dreams or fantasies floating around in your head.

The thought of losing 50 pounds can be so overwhelming that it is paralyzing, but it begins to look doable when broken down.

Plan to check in with a trusted, loyal person at least once a week to report on your progress.

Work on them until you have what you want.

Ultimate Weight Solution by Phillip C. McGraw. Copyright 2003 by Phillip C. McGraw. by permission of The Free Press, a division of Simon & Schuster, Inc., New York City


rong enough to
afe enough to
agic
CLOROX

Your Child's Biggest Health Risk

Overweight kids inherit a lifetime of serious health problems. Here, what you need to know, now



The news is full of stories about the epidemic of childhood obesity in the U.S. Still, some parents don't see that a problem exists—at least not where their own child is concerned.

A recent study from the Centers for Disease Control and Prevention (CDC) found that one-third of all mothers thought their overweight children were the right weight, although moms are more likely to recognize the problem in their daughters than in their sons. One theory: These days, you have to be fatter to look fat to most people. "The population has become more overweight, so what looks normal has changed," says Stephen Daniels, M.D., medical director for the pediatric weight management center at Cincinnati Children's Hospital Medical Center. To determine if your child is at risk, Dr. Daniels suggests asking your pediatrician to calculate your child's body mass index (also known as BMI-for-Age). Both the CDC and the American Academy of Pediatrics say that the BMI is a good way to gauge if your child is overweight. This should be done by a doctor because there's no simple formula to calculate this at home, as there is for adults.

BY MELINDA PAGE

The growing obesity problem, of course, is more than an aesthetic one. Overweight kids are also more likely to have low self-esteem, and *The Journal of the American Medical Association* reported that an obese child's quality of life is similar to that of a child diagnosed with cancer. They're also likely to keep their excess pounds into adulthood, making them more likely to suffer from heart disease, diabetes and other long-term health problems. In fact, doctors predict this generation of obese children may have a shorter life expectancy than their parents.

Diabetes As more children become obese, more are being diagnosed with type 2 diabetes, which used to be just an adult disease, according to the National Institutes of Health.

In type 1, the pancreas stops producing enough insulin. In type 2, the body doesn't make enough or cannot use it properly. CONTINUED ON PAGE 105



When chemo made me tired

I found the strength to do what I love.

www.procrit.com

If you're on chemotherapy, and finding it difficult to do the things you normally do, it's important to tell your doctor about your symptoms. You may actually be anemic and not even know it. In fact, anemia affects 7 out of 10 chemotherapy patients, and can cause extreme tiredness, dizziness and shortness of breath. When you are anemic, you may also find it difficult to think clearly. Furthermore, chemo-related anemia may cause you to interrupt your treatment. Fortunately, there's PROCRIT. It treats chemo-related anemia by helping you regain red blood cells lost during chemotherapy, and more red blood cells can mean more strength. Help your doctor help you. Report your symptoms, and ask if PROCRIT is right for you.

PROCRIT is for chemotherapy-related anemia in patients with most types of cancer. PROCRIT is proven and safe. PROCRIT is available by prescription only and is injected by your doctor or nurse. In studies, diarrhea, edema, fever, vomiting, shortness of breath, tingling, and upper respiratory infection occurred more often with PROCRIT than placebo. Although high blood pressure has been noted rarely in cancer patients treated with PROCRIT, blood pressure should be monitored carefully, particularly in patients with a history of high blood pressure or heart disease. Please see the following brief summary of Prescribing Information.

PROCRIT®
EPOETIN ALFA
Strength for Living®

FOR CHEMOTHERAPY-RELATED ANEMIA IN PATIENTS WITH MOST TYPES OF CANCER

TALK TO YOUR DOCTOR OR CALL 1-877-4PROCRIT.

Manufactured by Amgen Inc., Thousand Oaks, CA [illegible]

8852-123

BRIEF SUMMARY OF PRESCRIBING INFORMATION INDICATED FOR THE TREATMENT OF ANEMIA OF CANCER PATIENTS ON CHEMOTHERAPY PROCRIT® EPOETIN ALFA For Injection

REFER TO THE *PHYSICIANS' DESK REFERENCE*

...naged appropriately. **CONTRAINDICATIONS** ...y to mammalian cell derived products, 3) Known ...

WARNINGS Pediatric Use ...multidose preserved formulation contains benzyl alcohol. Benzyl alcohol has been ...tions in premature infants, which are sometimes fatal. **Pure Red Cell Aplasia** Pure red cell aplasia (PRCA) ... neutralizing antibodies to native erythropoietin has been observed in patients treated ...

...lizing antibodies to erythropoietin, PROCRIT ...

...rylactic reactions were reported. (See ADVERSE REACTIONS for more ...)T therapy have not been established in patients with a known history of a ...

...l and the need for contraception evaluated. **Hematology:** Exacerbation of porphyria has been observed rarely in patients with chronic renal failure (CRF) treated with PROCRIT. However, PROCRIT ...

...bone marrow fibrosis. Therefore, cancer patients should have hematocrit (HCT) measured once a ...easured periodically thereafter. **Lack or Loss of Response:** If the patient fails to respond or to maintain ...ng range, the following etiologies should be considered and evaluated: 1) Iron deficiency. Virtually all ... recombinant erythropoietins. **Iron Evaluation:** During PROCRIT ...onal iron deficiency may develop. Functional iron deficiency, with normal ferritin levels but low transferrin saturation, is ...ron stores rapidly enough to support increased erythropoiesis. Transferrin saturation should be at least 20% ...RIT therapy, the patient's iron status, including transferrin saturation (serum iron ...l be evaluated. Virtually all patients will eventually require supplemental iron to increase or ... **Drug Interactions** ... with other drugs was observed in the course of clinical trials. **Carcinogenesis, Mutagenesis, and Impairment of Fertility:** ...RIT does not induce bacterial gene mutation (Ames Test), chromosomal aberrations ... **Pregnancy Category C** ...rats when given in doses 5 times the human dose. There are no adequate and well controlled studies in pregnant women. PROCRIT should ...tudies in female rats, there were decreases in body weight ...e of abdominal hair, delayed eyelid opening, delayed ossification, and decreases in the number of caudal vertebrae in the F1 ... **Nursing Mothers:** Postnatal observations of the live offspring (F1 generation) of female rats treated with PROCRIT during gestation and lactation ...not known whether PROCRIT is excreted in human milk. Because many drugs are excreted in human milk, ...ed when PROCRIT is administered to a nursing woman. **Pediatric Use:** See WARNINGS, Pediatric Use. *Pediatric Cancer ...y:* Published literature has reported the use of PROCRIT in approximately 64 anemic pediatric cancer patients ages 6 months ...

Hypertension: Hypertension, associated with a significant increase in HCT, has been noted rarely in cancer patient... ...in patients treated with PROCRIT should be monitored carefully, particularly in patients with an ... **Seizures:** In double blind, placebo controlled trials ...

...botic Events: In double blind, placebo-controlled trials, 3.2% (N=2/63) of patients ...tients had thrombotic events (eg, pulmonary embolism, cerebrovascular accident) ... **Growth Factor Potential:** PROCRIT is a growth factor that primarily stimulates red cell production. However, the possibility that PROCRIT can act as a ... **ADVERSE REACTIONS Immunogenicity** ...e potential for immunogenicity. Cases of antibody induced PRCA in patients treated with recombinant human ...oietins have been described in publications. Very rare occurrences of PRCA and the presence of antibodies with neutralizing activity ha... (WARNINGS, Pure Red Cell Aplasia). Cases have been observed in patients ...y both SC and IV routes of administration. Among reported cases where the route of administration is known, PRCA has been observed more ...

...misleading. Adverse experiences reported in clinical trials with PROCRIT in cancer patients were ...double blind, placebo controlled studies of up to 3 months duration involving 131 cancer patients, ...ed with PROCRIT or placebo treated patients were as indicated below. Percent of ...With PROCRIT (N=63) first. Placebo Treated Patients (N... ...

...overall safety profile of PROCRIT appeared to be consistent with the disease process of advanced cancer. During double blind and subsequent open ...label therapy in which patients (N=72 total exposure to PROCRIT) were treated for up to 32 weeks with doses as high as 927 U/kg, the adverse ...

...reated with PROCRIT and placebo treated patients appeared to be similar. Available ...in response to PROCRIT ...potentiate growth of some tumors.

Overdosage ...f PROCRIT itself ...





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On Golden Pond
The Special Edition DVD

As the number of overweight 12- to 19-year-olds climbs, it's not surprising that more teens are considering a radical solution: gastric bypass surgery. Though some doctors say the procedure is safe, others think it's too risky for young patients.

The surgery, which reattaches the intestines to the stomach after it has been reduced in size, is a high-risk procedure for anyone: Death results in 1 percent of cases. Afterward, patients can eat only a small amount, and of the food they do eat, fewer calories and nutrients are absorbed.

It's this nutritional shortfall that critics say could cause nutritional deficiencies in teens leading to anemia and osteoporosis, and may impact growth and sexual development. "We know little about the long-term effects of this surgery in children," Sarah Barlow, M.D., assistant professor of pediatrics at Saint Louis University.

But doctors who have operated on severely obese teens say the benefits may outweigh the risks. "These kids suffer from hypertension, high cholesterol and diabetes," says Louis Flancbaum, M.D., chief of the bariatric surgery division at St. Luke's–Roosevelt Hospital, in New York City. "If a kid is morbidly obese, his life is already in danger, so why wait?"

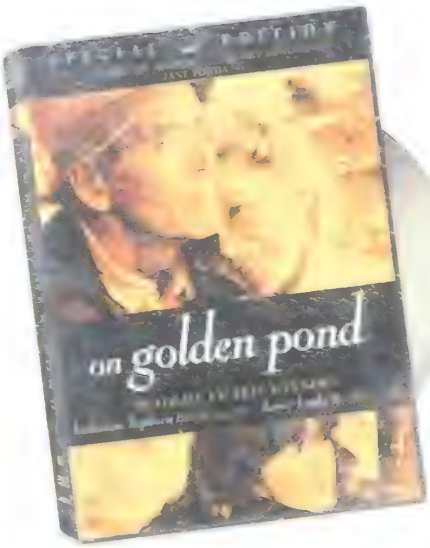
While type 1 strikes children and young adults, type 2 often results from obesity and can be prevented or delayed. Both types can eventually result in blindness, kidney failure, heart disease and sometimes premature death.

Symptoms of diabetes include recurring gum or skin infections, cuts and bruises that are slow to heal, increased thirst, frequent urination and tingling in the hands and feet, or there may be no symptoms at all. Have your child tested if he is overweight and has any of the above symptoms or has a family history of diabetes. Even if your child is diagnosed with pre-diabetes (impaired glucose tolerance), changes in diet (such as limiting starchy, sugary and processed foods) and increasing exercise can go a long way toward preventing full-blown diabetes.

High Cholesterol A shocking 10 percent of teens have a cholesterol count above 200 mg/dL or a low density lipoprotein (LDL) count above 130 mg/dL, according to the American Heart Association. That can put them at greater risk for heart disease as adults and adulthood, says Melvin Heyman, M.D., professor of pediatrics at the University of Oklahoma in Oklahoma City.

To keep your child's cholesterol in check, encourage exercise and healthy eating. Children between ages 2 and 18 should consume no more than 300 mg of cholesterol daily (for example: one large egg, 213 mg; two slices of American cheese, 50 mg; one tablespoon of butter, 33 mg; and two cups of 1 percent milk, 20 mg). Dr. Heyman suggests choosing low-fat dairy products and processed foods and encouraging them to eat more low-fat and high-fiber foods.

www.lhj.com/childobesity



SPECIAL FEATURES

- KATHARINE HEPBURN TRIBUTE DOCUMENTARY
- [illegible]

Available December 16, 2005



KATHARINE HEPBURN [illegible] JANE FONDA [illegible]



Your inner nag may be trying to tell you something valuable. Learn how to separate "time wasting" worry from the "time to take action!" kind

What's So Good About

Jennifer Cairns*, 39, has begun to dread bedtime—her own. She used to love switching off the lights and snuggling under the covers after a long day. But lately the Portland, Oregon, interior designer finds herself lying awake, hour after hour, unable to turn off the worries buzzing around her like flies: Should she let her son, Nick, continue playing soccer and taking piano lessons, even though all the homework he has seems to be stressing him out? What if her unreliable ex-husband doesn't take the kids this weekend as planned, and she can't get caught up on work and household chores? What else can she say to her laggard new client to get him to pay on time so she doesn't have to keep putting expenses on her maxed-out credit card?

For Liz Hayman*, 35, of Baton Rouge, Louisiana, the worst worries hit in broad daylight. Recently, she was so distracted that she drove five miles past her exit on the interstate before she even realized she'd missed it. She was preoccupied about her first-grader who is not yet reading, about her preschooler who has chronic ear infections and may soon require tubes, and about her husband who is traveling so much for business that he almost seems like a stranger.

Is it normal to worry so much? In a word, *yes*, says Edward Hallowell, M.D., author of *Worry: Hope and Help for a Common Condition*. "Most people worry about small stuff all the time," he says. "Will I be on time? Will it hurt? Did I offend her? Was I good enough at that meeting? Can anyone see through my dress? We also worry about big stuff—death, the meaning of life, tragedy, loss—but in terms of

BY RENÉE BACHER

Worrying?

sheer volume and minutes spent worrying, little things snag us the most."

Linda Sapadin, Ph.D., a psychologist and author of *Master Your Fears: How to Triumph Over Your Worries and Get on With Your Life,* says she believes it's not only the amount of worry that matters so much; it's the intensity of it, and whether it's balanced with moments when, because you're so happy, or entertained, or absorbed in a project or passion, your worries are the furthest thing from your mind. "If you take your kids to an amusement park," she says, "and all you can do is think about them getting hurt on the rides, that would be an example of your worry getting the better of you."

A certain amount of worry may be helpful—even productive. For example, if you decide to keep your sensitive 7-year-old out of the funhouse to head off nightmares based on similar past experiences, or if your concern about being harshly judged on a work project propels you to put in productive extra effort, those are instances of worry put to good use.

But other worries may be a waste of energy—or a symptom of something serious. For example, extreme worrying almost every day for six months or more may signal generalized anxiety disorder (GAD). "This toxic kind of worry feels awful," says Dr. Hallowell. "It slows you down, reduces your effectiveness at everything you do and can make you physically ill in many ways." GAD, the most common psychiatric affliction in the U.S., affects 4 million Americans but is treatable with therapy or drugs.

Fortunately, most people's worries fall into the harmless range—which doesn't make them any less annoying—especially when they sometimes keep us awake. Women are more likely than men to say they have difficulty falling asleep at night because their mental wheels are spinning, says a study by the Better Sleep Council, a research group in Alexandria, Virginia. Worrying may be most common at night: two-thirds of Americans say they have difficulty falling asleep due to stress, according to the council. That may be simply because there are no clamoring children, ringing phones or people barging into their office, says Steven Pinker, Ph.D., professor of psychology at Harvard University, in Cambridge, Massachusetts, and author of *How the Mind Works.* "When the mind isn't preoccupied with minute-to-minute concerns, it ruminates over longer-term issues," he says. "Bedtime is one of those few times when we have nothing else distracting us."

Nagging anxieties can do more than keep us awake. "Emotion-related parts of the brain can influence the function of every other part of the brain," says Robert Sapolsky, Ph.D., professor of neuroscience at Stanford University School of Medicine, in [illegible] and author of *The [illegible]*. In [illegible] have found that the brain, when doing [illegible] makes physical pain [illegible] battle it, chemical changes. "Moreover, [illegible] "emotional responses in the [illegible] changes elsewhere in the body, such as the release of adrenaline, which in turn can alter how well the brain does its job."

What's more, worry often leads to stress, and stress often leads you to the doctor's office. According to the American Institute of Stress, in Yonkers, New York, it has been estimated that 75 to 90 percent of all visits to primary-care physicians are for stress-related problems. Dr. Hallowell says that the medical miseries that accompany out-of-control worry can include headaches, musculoskeletal aches and pains, rashes and even heart attacks and strokes.

You don't have to let your worries overwhelm you, though. "There are so many safe and effective treatments these days for worrying," says Dr. Hallowell, many of which are simple things you can try at home. To ease your anxieties, try the following calming remedies:

[illegible] If you're fretting about a work project, for example, ask trusted co-workers how they think it's going. You may be tearing out your hair while everyone else [illegible] your boss thinks things are chugging right along. "Wasteful worry is usually based on lack of information or incorrect information," says Dr. Hallowell. If you're still worrying, come up with a plan that breaks [illegible] the present into manageable tasks rather than the enormous, stressful chore it has become in your mind. Once you accomplish that first manageable bit of the project or problem you fear, the worry should abate.

[illegible] Sometimes it can be useful, and even therapeutic, to transform your worries into some [illegible] positive. If you're [illegible]

*Names and some details have been changed.

worrying that your teenager is not doing [illegible] unwilling to talk to you about it, don't just stew. Pick up the phone and make an appointment to see his teachers. If you're worried about saving enough money to send your kids to college, let alone saving enough for your retirement, sign up for an investment seminar that can give you strategies. Friends, too, can help you turn your worries into solutions. "Talking with friends who are upbeat and optimistic can help," say Dr. Sapadin. "But talking with friends who create gloom-and-doom scenarios can actually hinder. Choose friends who will calm down, not rev up, your worries."

Because physical exercise reduces tension, enhances a sense of well-being and improves the ability to sleep, it's great for worriers. "During exercise, the chemical beta-endorphin pours out of the pituitary gland, building up to levels in the bloodstream around the 30-minute mark that will cause actual pain-relieving effects and feelings of euphoria," says Dr. Sapolsky. Of course, everyone can benefit from exercise, but Dr. Hallowell especially recommends that worriers get exercise at least every other day.

Whether it's spending time with your friend who always looks on the bright side, going for a walk with your tail-wagging dog or tinkering around in your backyard flower garden, make sure you're frequently around people and involved in activities that take your mind off your problems. Susan Jeffers, Ph.D., author of *Embracing Uncertainty*, believes in using whatever tools you have to quiet the negative chatter in your mind and promote peace, whether it's trying on lipsticks at the mall, indulging in a massage or going to a movie. Visual cues can work, too. "I have not-to-worry reminders all over the place," she says. Her favorites include positive affirmations such as "Whatever Happens, I'll Handle It," a sign that reads "Don't Postpone Joy," and a statue of a laughing Buddha. "He reminds me not to take it all so seriously," she says.

Write your worries away. Writing about your anxieties in a journal may help relieve them, says Dr. Sapadin, provided you begin by writing about your feelings and worries and then move on to possible solutions and





resolutions. Or try this exercise adapted from *The Artist's Way*, by Julia Cameron, an author and artist who lectures on spirituality and creativity. Describe yourself at 85, physically and emotionally. How do you get along with your spouse and family? What do you do that you enjoy? Write down everything in detail. Next, write a letter from yourself at age 85 to yourself at your current age. What would you tell yourself? What dreams would you encourage? What mistakes would you forgive? What did the younger you worry about that the older you now sees was a waste of time? This exercise helps you get a perspective on which worries won't matter in the long run.

If you're stressing when you should be sleeping, and

you believe in divine powers. Tamyra Bourgeois, Ph.D., a psychotherapist

Emotionally Intelligent Kids, suggests keeping a "worry envelope" by the side of the bed. Jot your worry

scrap of paper, stick it in the envelope and leave it for whatever higher power you believe in to solve while you

port that they wake up refreshed," Dr. Bourgeois says, "and have somehow

Deirdre Barrett, Ph.D., a psycholo-

cites dozens of inventors, artists and other creative types who have found not only solutions, but also fame and

in which they consult the wisdom of their subconscious minds. She suggests placing objects associated with the problem on your night table, along with a pad on which you've written down the cause of the worry. Visualize yourself dreaming about

it go as you fall asleep. Upon awakening, she says, immediately write down the dreams you remember and

www.lhj.com/worry





Spice things up this Super Bowl Sunday with a Southwestern-style party that'll make even non-sports fans stand up and cheer

SUPER BOWL, SUPER PARTY





Clockwise from top left: Guests enjoy a high point of the Super Bowl on TV. Wolf's Southwestern Slaw is as colorful and pretty as it is delicious, no Southwestern-themed party would be complete without a spicy guacamole. Levy squeezes limes for homemade margaritas to serve to a couple of guests

For both Michael Levy, a die-hard football fan since high school, and his wife, Bonny Wolf (known to her friends as Chili Chef Supreme), of Washington, D.C., Super Bowl Sunday is all about enjoying their two favorite things: watching the biggest football game of the year with friends and chowing down on delicious Texas style chili. "It's the easiest party ever," says Wolf. "We already have the entertainment, and chili is a simple-to-make crowd pleaser."

Wolf, a food writer, and Levy, a professor, have been celebrating this marriage of fun, food and football with their friends and neighbors and their kids for the last 15 years. Wolf says that because their Super Bowl party is an informal affair she doesn't worry about having an exact head count. Instead, she makes a [illegible] size pot of chili so she can be sure there's always enough, including leftovers.

One of the beauties of a one pot meal is that you can do so much ahead of time," says Wolf. "Chili is actually better once the flavors have had the chance to blend, so I usually make it a couple of days in advance and keep it refrigerated until [illegible]."

A few days before Super Bowl Sunday, Wolf goes to the party store and buys cute football themed decorations. "I get life-size footballs made from paper that fold out in three dimensions, [illegible] and football confetti for the tables." CONTINUED


THE MENU
Cilantro Salsa and
Zesty Guacamole With
Multicolored Chips
Texas-Style Chili
Jalapeño Corn Bread
With Corn Kernels
Southwestern Coleslaw With
Chipotle Dressing
Chocolate Sheet Cake
An Assortment of Beer and Wine
Margaritas

says Wolf. "They're a bit hokey, but this [illegible] fun, not sophistication."

The couple offer guests beer, wine, margaritas and soft drinks in the kitchen as they arrive, and then, as kickoff approaches, guests who want to focus on the game move to the TV room in the basement, where chips and dips are already set out. "The only strict rule," says Wolf, "is that the TV room is for watching football, and only watching football, no unrelated chitchat allowed."

Guests who would rather gab than analyze plays are encouraged to gather in other parts of the house, such as the kitchen or dining room, where decks of cards and board games such as Taboo, Trivial Pursuit and Scrabble are at the ready. One bunch of friends may chat in the kitchen where the chili is bubbling over low heat, while another group may get a game of Taboo under way. When the first whoops and hollers waft up from the basement, it signals the beginning of the action downstairs.

Before halftime, Wolf and a couple of friends set out the food. While she uses her ochre ceramic plates and collection of multicolored neckerchiefs as napkins, subbing sturdy plastic plates and thick paper napkins in bright colors would work just as well and make clean-up a snap.

When the game ends, Levy brings guests upstairs for dessert. Wolf doubles the Chocolate Sheet Cake recipe so she can ice two cakes. One she designs like a football field by covering it in green icing and piping the yard lines in white icing out of a tube. "I couldn't resist these little plastic football players and goalposts," she says of the figures. "The cake is a bit [illegible] people love it, and I love it [illegible]."

[illegible]ly over a win, or bitter over a loss, Levy and Wolf agree that nothing is better than chocolate cake and post-game chatter with good friends.







Clockwise from top: Wolf removes her Jalapeño Corn Bread With Corn Kernels from the oven; guests enjoy margaritas and wine over dinner

Throw a Party Like a Pro

Even casual get-togethers need guidelines so everyone can enjoy the party to the fullest. Here are some tips from Suzanne Williamson, co-author of *Entertaining for Dummies:*

Make the start and end times of the party clear to your guests when you invite them. You don't want people coming and going during the game.

Make sure your TV is in a separate area from where you're serving food, so people who don't want to watch won't compete with the noise from the set.

To fit with the Southwestern theme, decorate your table with little cacti, which you can then give away as party favors.

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BUSH'S® ALL-AMERICAN CHILI
Serves 4-6 / Prep. time: 10 minutes
Cooking time: 30 minutes

- 1 pound lean ground beef
- 1 cup onion, chopped
- 1 cup green pepper, chopped
- 2 cans (16 ounces each) BUSH'S BEST Chili Beans
- 1 can (14.5 ounces) diced tomatoes
- 1 can (14.5 ounces) tomato paste
- 1 cup water
- 1 teaspoon black pepper
- 1 teaspoon salt
- 1 tablespoon chili powder
- 2 teaspoons oregano
- 1 teaspoon sugar
- Shredded Cheddar cheese

1. In large pan, cook beef, onion and green pepper until meat is browned. Drain excess grease.
2. Stir in remaining ingredients, except cheese. Bring to boil. Cover, reduce heat to low and simmer for 20 minutes.
3. Top with Cheddar cheese.

Score the goods for a new family room!

Enter your favorite gameday recipe featuring **Bush's Best Beans®** for a chance to win!

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Three (3) Runner-Up Prizes:

- Down Home Cooking-Chili cookbook and other prizes from Bush's Best Beans

To enter: Enter online at www.bushbeans.com/contest or send your original gameday recipe with your name, address and phon to Bush's Best Beans Recipe Contest, PO Box 35635, Des Moines, Iowa 50315. See official rules below.

NO PURCHASE NECESSARY TO ENTER OR WIN. 1. TO ENTER: Complete the official entry form at www.bushbeans.com/contest including your original gameday recipe incorporating at least one var... Bush's Best Beans recipe may include Bush's Baked Beans only in addition to at least one other Bush's Best Beans variety - i.e. kidney, black, chili beans, etc.). To enter by mail, sen... of Bush's Best Beans (not including Bush's Baked Beans) along with your name, address and daytime phone number to Bush's Best Beans Recipe Contest, PO Box 35635... On-line entries must be received by 11:59 p.m. ET February 13, 2004. Mail entries must be postmarked by February 13, 2004 and received by February 20, 2004... previously published or have won any other award. Bush's Best Beans and Meredith Corporation ("Sponsors") assume no responsibility for entries they are unable to process due to network... misdirected, incomplete, damaged or stolen entries. Entries become the property of Sponsors and will not be returned or acknowledged. 2. Open to legal U. S. re... except employees of Sponsors, their agents, affiliates, subsidiaries, and members of their immediate families or persons residing in the same household. 3. Winner... will be selected on or about April 15, 2004 and notified by mail on or about May 3, 2004. Entries will be judged by a panel under the supervision of Meredith Corporation on originality (40 %), taste (40%) and ease of prepa... ration (20%). Decisions of judges are final and binding in all respects. Odds of winning depend upon number of eligible entries reviewed. 4. Grand Prize: Winner's choice of merchandise from Broyhill Furniture with a... approx. retail value of $6,500, Best Buy $500 cash, a consultation with an interior decorator with a value up to $300, one (1) copy each of Better Homes and Gardens New Decorating Book, Eas... Decorating Makeovers and Easy Style, Bush's Best Beans Chili Prize Pack. Total approx. retail value of Grand Prize: $9,450. Three (3) Runner-Up Prizes: Down Home Cooking - Chili cookbook, approx. retail value $19.95. N... prize transfer, substitution... except at the discretion of sponsors. 5. Entry constitutes permission to use the winner's entry... recipe, name, hometown, voice, likeness, photograph, and any statements regarding this contest for editorial, public relations, promotional and advertising pur... poses on behalf of Sponsors without compensation, unless prohibited by law. Winners agree to assign all right, title and interest, including copyright rights... to winning entry/recipe to Sponsors, and agree to complete an Affidavit of Eligibility/Ownership, Release of Liability/Publicity and Copyright Assignment with... in 30 days of notification. Except where prohibited, participating and winning a prize, winners release Sponsors, their parents, affiliates, sub... sidiaries, ... and their ... and agent, from any and all liability with respect to the prize and participation in the... contest. 6. Subject to all U. S. federal, state and local laws and regulations. Void where prohibited. Taxes on prizes are the sole responsibility of winners. 7. This contest sponsored and promoted by Meredith Corporation, 1716 Locust St., Des Moines, Iowa, and Bush's Best Beans, 1016 E Weisgarber Road, Knoxville, Tennessee. 8. For winners' names, available after May 14, 2004, send a separate, self-addressed stamped envelope to Bush's Best Beans Contest Winners, c/o Meredith ...



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Zesty Guacamole

Once avocado flesh is exposed to the air, it quickly turns brownish green. Lime juice helps minimize this effect, but it's still better to prepare the guacamole [illegible] serving time is possible.

Total prep time: 20 minutes

- 2 medium tomatoes, diced
- 1 small onion, finely chopped
- 2 tablespoons fresh lime juice
- 2 tablespoons chopped fresh cilantro
- 1 garlic clove, pressed
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper
- ¼ teaspoon cumin
- 2 large, ripe Haas avocados, pitted and peeled

Tortilla chips or toasted pita bread wedges, optional

In a small bowl, combine diced tomatoes, onion, lime juice, fresh cilantro, garlic, salt, cayenne pepper and cumin until well blended. In a separate bowl, coarsely mash avocados with a fork or potato masher. Stir in the tomato mixture. Serve with tortilla chips or toasted pita bread wedges, if desired. Makes about 4 cups.

Per 1-tablespoon serving: 30 calories, 2.5 g total fat, .5 g saturated fat, 0 mg cholesterol, 39 mg sodium, 2 g carbohydrates, 0 g protein, 3 mg calcium, 0 g fiber

[illegible] dish, with [illegible] good

Total prep time: 15 minutes
Cooking time: about 4 hours

- ½ cup masa harina*
- ½ cup chili powder
- 5 pounds lean beef chuck, cut into ¾-inch cubes
- ¼ cup olive oil
- 2½ cups beer
- 2½ cups beef broth
- 3 garlic cloves, pressed
- 2 teaspoons coriander
- 2 teaspoons cumin
- 2 teaspoons dried oregano
- ½ teaspoon salt

1. Combine masa harina and chili powder in a large bowl. Add beef and toss to coat. Heat oil in a large Dutch oven over medium heat. Add ⅓ of the beef and cook until browned on all sides, about 6 minutes. Transfer to another bowl. Repeat process with remaining beef.
2. Add all the beef to Dutch oven and stir in remaining ingredients. Reduce heat to low and cook, covered, until meat is extremely tender, 3 to 4 hours, stirring often. Makes 10 cups.

Per 1-cup serving: 445 calories, 23.5 g total fat, 7 g saturated fat, 148 mg cholesterol, 618 mg sodium, 11 g carbohydrates, 46 g protein, 63 mg calcium, 3 g fiber

Chocolate Sheet Cake

If you don't have buttermilk, substitute cup sour cream or plain yogurt for equally moist results.

Prep time: 20 minutes
Baking time: about 20 minutes

- 1 cup butter or margarine
- 1 cup water
- ½ cup unsweetened cocoa
- 2 cups all-purpose flour
- 2 cups granulated sugar
- ½ teaspoon salt
- ½ cup buttermilk
- 2 large eggs
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon

Frosting:

- 5 tablespoons butter
- 1 box (1 lb.) confectioners' sugar
- 5 tablespoons heavy cream
- 2 teaspoons vanilla extract

1. *Make cake:* Heat oven to 375°F. In a large saucepan, bring butter, water and cocoa to a boil, stirring occasionally with a wire whisk. Remove from heat and stir in flour, sugar and salt. Beat on medium speed with an electric mixer, 1 minute. Add buttermilk, eggs, baking soda, vanilla and cinnamon and beat at medium speed until well blended, 1 minute more. Pour batter into an ungreased 15x10x1-inch jelly-roll pan. Bake until a toothpick inserted into the center of the cake comes out clean, about 18 to 20 minutes. Let cool completely on a wire rack.
2. *Make frosting:* In a medium mixing bowl, beat butter with an electric mixer on medium speed until light and fluffy. Beat in sugar a little at a time on low speed, then beat in remaining ingredients until frosting is fluffy and spreadable. (If frosting is too thick, you may need to add one or two additional tablespoons of cream to attain desired consistency.) Spread frosting over cake in one even layer and cut into 24 squares. Makes 24 servings.

Per serving: 290 calories, 12 g total fat, 7.5 g saturated fat, 49 mg cholesterol, 145 mg sodium, 45 g carbohydrates, 2 g protein, 18 mg calcium, 1 g fiber

Share your family's favorite recipe! Do you have a dish that you love to make, but feel guilty preparing because you fear it's too high in fat or otherwise unhealthy? Share your indulgent recipe with us, and we'll transform it into a healthier dish that is just as delicious. Send entries to lhj.familyfavorite@meredith.com. If we use your recipe in the magazine, we'll pay you $100.

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Better than Botox



"Who would have thought a stretch mark remover would t out to be the anti-wrinkle breakthrough of the decade!"

In a remarkable turn of events, arguably one of the strangest in the history of cosmetics, women across the country are putting a stretch-mark reducing emulsion called StriVectin-SD on their face to get rid of fine lines, wrinkles and crows' feet. And, if consumer sales are any indication of a product's effectiveness, StriVectin-SD is nothing short of a miracle. Women (as well as a growing number of Boomer men) are buying so much StriVectin-SD that finding a tube at your local cosmetic counter has become just about impossible. Has everyone gone mad? Well... not really

Scientific Breakthrough or Dumb Luck?

Although StriVectin-SD was already backed by clinical trials documenting its ability to visibly reduce the depth, length, discoloration and roughness of existing stretch marks, the success of StriVectin-SD as an anti-wrinkle cream was "dumb luck," says Gina Gay, spokesperson for Klein-Becker, StriVectin-SD's exclusive distributor.

"When we first handed out samples of the StriVectin formula to employees and customers as part of our market [illegible] h, the sample tubes were simply marked 'topical cream' with the lot number underneath," Ms. Gay explains. "As the samples were passed to friends and family, the message became a little muddled and some people used this 'topical cream' as a facial moisturizer. As we began to receive feedback from users, like 'I look 10 years younger' [illegible] had something more than America's most effective stretch-mark reducer! The point was driven home as store owners began reporting that almost as many people were purchasing [illegible]

[illegible] Director of Scientific Affairs, says, "Clearly, people were seeing results, [illegible] on the incredibly positive reports, I started using it myself — applying StriVectin to my face after shaving." Dr. Mowrey adds, "On a personal note, my wife tells me I haven't aged!"

Dumb Luck Strikes Again!

Then, on Tuesday, July 2, 2002, at a meeting of the 20th World Congress of Dermatology in Paris, France, a series of studies detailing the superior wrinkle-reducing properties of a patented oligo-peptide (called Pal-KTTKS) versus retinol, vitamin C, and placebo, on "photo-aged skin" was presented.[1] "As luck would have it," Dr. Mowrey states, "the wrinkle-reducing oligo-peptide tested in the breakthrough clinical trials turned out to be a key active ingredient in the StriVectin cream."

In the trials, subjects applied the patented peptide solution to the crows' feet area on one side of the face, and a cream containing either retinol, vitamin C, or a placebo to the other side.

Subjects in the Pal-KTTKS/retinol study applied the cream once a day for 2 months and then twice a day for the next 2 months. Using special image analysis, the study's authors reported "significant improvement" in wrinkle depth, length, wrinkle volume, and skin roughness for those women using the peptide solution.

Better yet, at the 2-month halfway point, the peptide solution thickened skin nearly 1.5 times faster than retinol, and without the inflammation retinol often causes in sensitive skin. As was expected, the results of the remaining studies confirmed that the Pal-KTTKS solution's effectiveness at reducing the appearance of fine lines and wrinkles far exceeded both vitamin C and placebo.

A smoother, younger complexion, less irritation, fewer wrinkles, and faster results — all without expensive (and painful) peels, implants or injections.

Better than Retinol and Vitamin C, But Is StriVectin-SD Better than Botox®?

Dr. Nathalie Chevreau, Director of Women's Health at Salt Lake City based Basic Research , exclusive distributor for Klein-Becker, explains, "Many researchers believe less invasive cosmetic alternatives are better than Botox [sometimes referred to as Botox Cosmetic]. That's because 'cosmeceutical' creams and gels offer gradual, continual results, while the effects of injections, facial peels, and dermabrasions wear off... in fact, you'll never look better than you do shortly after the inflammation and redness subside. Not one bit better."

"Furthermore," Dr. Chevreau continues, "Botox has been approved by the FDA for an extremely limited use — the tiny little space of deep furrows between the eyebrows — and can cause side effects such as 'headache, temporary eyelid droop, and nausea.' The active ingredient in StriVectin, on the other hand, has been shown to significantly reduce the appearance of that category of fine lines and facial wrinkles (including crows' feet) that can add 10-15 years to your appearance... the type of fine lines and wrinkles Botox treatments leave behind."

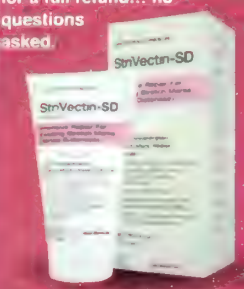
In other words, StriVectin-SD helps give you a youthful, healthy, glowing complexion faster than retinol, far superior to vitamin C, and without irritation, needles,

So, if you see someone ar an anti-stretch mark cream t face, don't think they've go the deep end... they m smarter than you think.

Having a hard tim finding StriVectin-S

If you've been searching for StriVectin-SD, you already k it's become almost impossi to find. Don't bother with Neiman Marcus, they don't h it; Saks 5th Avenue might b able to order it for you... You best bets are NORDSTRO or SEPHORA shops (they always try to keep it in stock) or, believe it or not, th pregnancy section of your lo GNC or high-end supplement retailer. To be absolutely sure, you can order StriVectin-SD directly from Klein-Becker at **1-800-756-8009 or order online at www.StriVectin.com.**

Since StriVectin-SD was designed as a stretch-mark reducing formula, it comes in a large, 6-ounce tube. At $135.00, StriVectin-SD is not cheap... but when used as a wrinkle-remover, one tube wi last approximately six months By the way, StriVectin-SD is backed by Klein-Becker's money-back guarantee. If StriVectin-SD doesn't make your skin look younger, healthier, and more vibrant, simply return the unused portion within 30 days for a full refund... no questions asked.



Call 1-800-756-8009 or order online at www.StriVectin.com.

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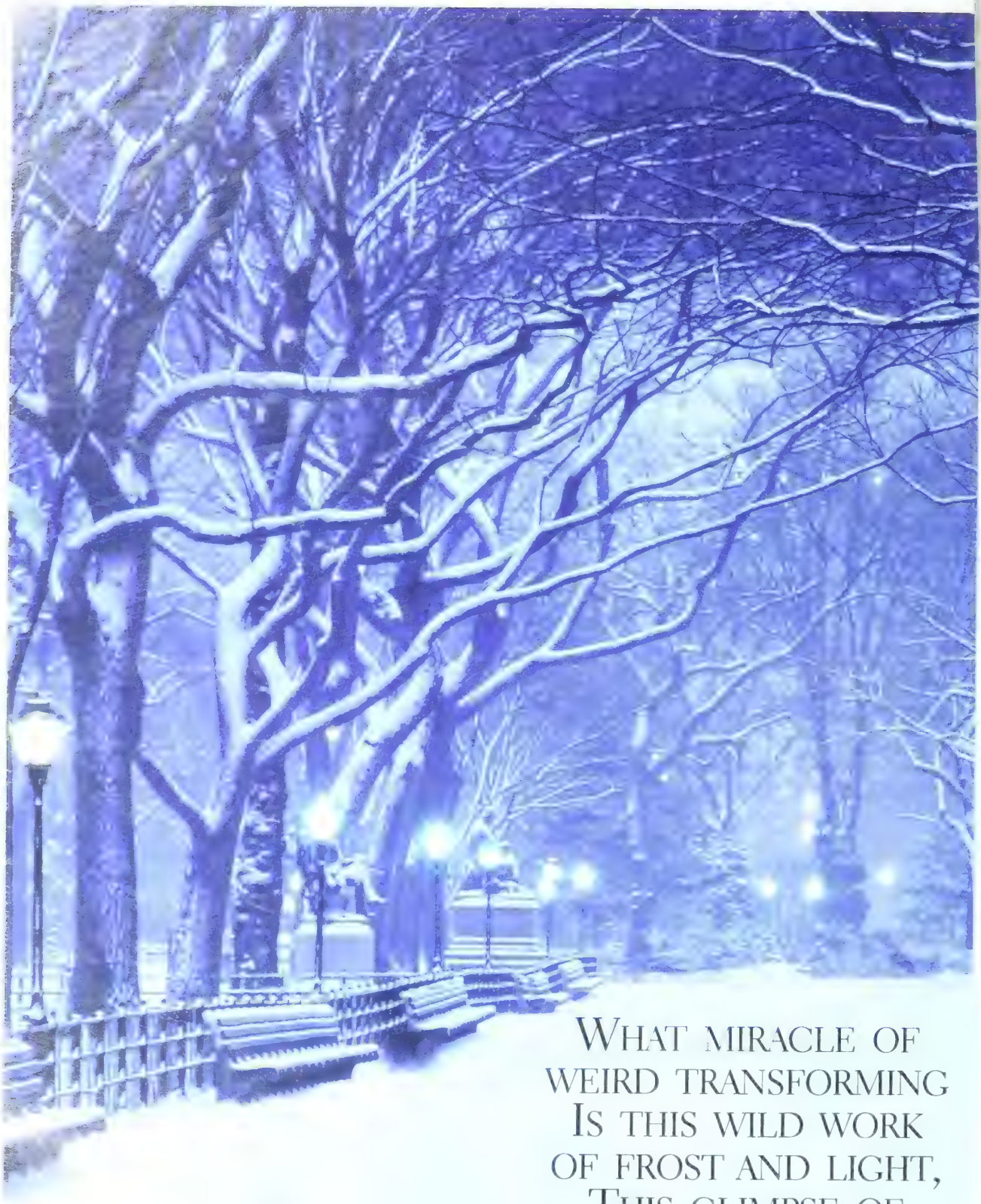
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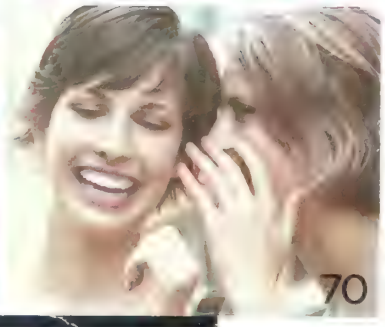
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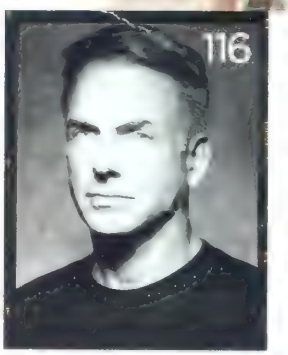
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On the Cover.

Makeup: [illegible] On Diane: [illegible] ...adies' Home Journal by Timothy White. **Hair:** Vincent [illegible] ...d jacket from Calvin Klein. Blouse and pants, Ralph Lauren. Earrings: [illegible] **Get the Look:** Foundation in Natural Almond ($12), True Color Powder [illegible] Perfect Wear Eyeliner Pen in Black ($7), Lash Designer [illegible] $8)



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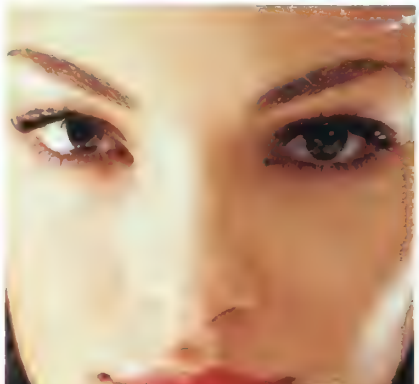


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30 Valentine's Beauty & Fashion Secrets

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New resolution to watch your weight? Take a new look at dairy.

A new year. A new you. Here's news that may make pursuing your resolution more enjoyable. Recent publications in leading journals suggest a link between **milk, cheese** and **yogurt** consumption and lower body weight. In another study, overweight adults on a reduced-calorie diet that included at least 3 servings a day of dairy products like milk, cheese and yogurt lost more weight than those on similar reduced-calorie diets with minimal dairy.

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By replacing some of the current choices in your reduced-calorie diet with dairy foods you love like milk, cheese and yogurt, you can make it more enjoyable to stick to that New Year's resolution to lose weight. For more information visit *healthyweightwithdairy.com*

AMERICA'S DAIRY FARMERS & PROCESSORS

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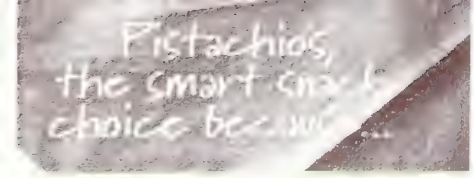
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Pistachios...good for my heart? You bet.

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Grab a handful!

welcome



The two Diane S.'s take a break at the cover shoot

You're going to find terrific new columns and formats in this issue of *Ladies' Home Journal,* and you have yourself to thank. That's because all of us on staff read your letters and e-mails, and we try our best to respond to your comments. We love this kind of dialogue with you because we want *Ladies' Home Journal* to stay as relevant as possible to your ever-shifting lives.

As you page through this month's issue, look for the "new" burst you see here at right. One place you'll find it is on "Heart of a Husband," where our writer and now resident husband-person, Stephen Fried, will illuminate the mysteries of the male mind, starting with the phenomenon of selective hearing, and how it keeps his socks from making it into the laundry basket. (Sound familiar?) Stephen, married for 18 years, is an insightful and stylish writer, and I know his column (page 36) will make you see your own husband in a new light.

NEW *Look for this "new" burst on columns and features starting in this issue.*



"My Life as a Mom" debuted last March, with the intention of having a different mom, with different life circumstances, pen it each year. This year, the epiphanies will be delivered by Gerri Hirshey, a mom of an 11- and 13-year-old, and comes not a moment too soon for those of you with preteens and teens, who have said to us, in a word: *Help!* Gerri's rich and wry observations (page 32) capture the sense of awe and the absurd that modern parents experience today. (For even more help, check out "Your Teen," another new offering, on page 30.)



And because so many of you (and all of us on staff as well) couldn't bear to sideline last year's "My Life as a Mom" writer, Judith Newman, she will write the brand-new "Live and Laugh," offering up her wickedly funny perspective on life's everyday foibles. Start laughing on page 60. Perhaps most overdue of all is "Can This Friendship Be Saved?" on page 76, an extension of the enduringly popular "Can This Marriage Be Saved?" Female friendships are cherished by so many of us—yet can be pretty complicated when we get a knot in them—that we wanted to spread the healing power of "Can This?" to friendships, too. Write and tell us about a gal-pal problem you need expert help with.



...love, from ...dith ...n, Stephen Fried and Gerri Hirshey

But wait—there's more! Check out the new crafts page (to stimulate your creative juices) on page 146, and the Family Recipe Makeover on page 186. Send us your beloved family favorites that need less fat or fewer carbs, and we'll make them healthy for you with some clever culinary maneuvers that won't compromise the taste.

All this, and other features I feel are nothing short of life changing. "Till Death Do Us Part" is a love story that will take your breath away (page 130), and "A Silent Killer" is the first of a three-part series on women and heart disease that will make you want to have a serious heart-to-heart with your own doctor (page 158).

Finally, don't miss our revealing interview with the divine Ms. Diane Sawyer. So many of us are starting our days with her now on *Good Morning America,* and ending them with one of her compelling *Primetime Thursday* profiles. Here, we turn the tables on this consummate interviewer, and get to know the woman behind the anchor desk. I think you'll find her, as I did, someone with unforced grace, easy charm and sincere warmth. Plus, she's loopy about her dog, Lila, and I always consider that a very good sign. Get to know her better on page 104.

As always, keep those cards and e-mails coming. See what power and influence you wield!

Diane Salvatore

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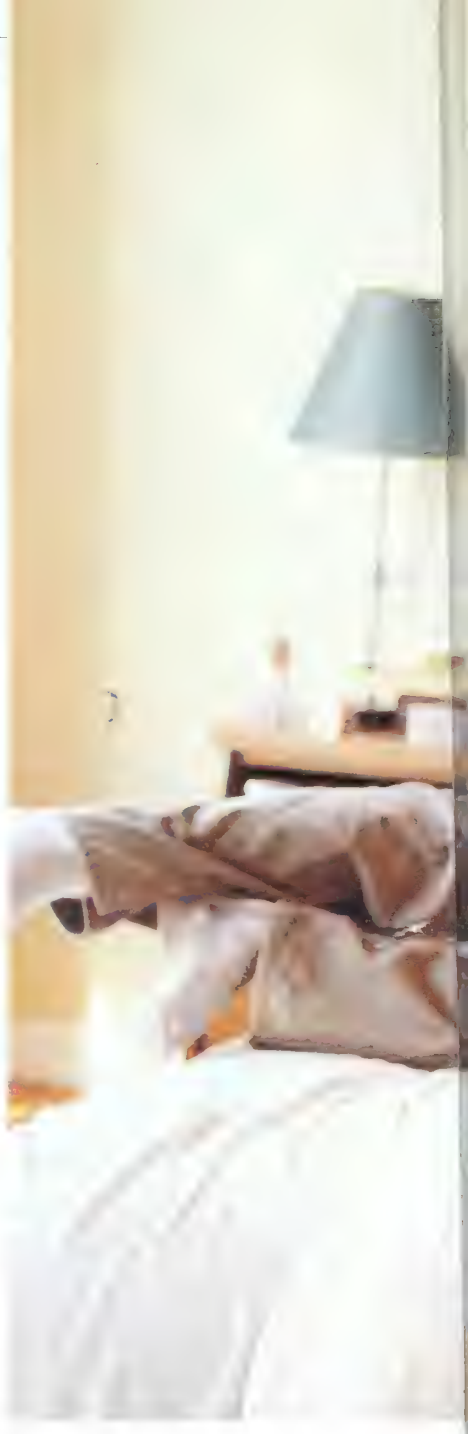
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WE KEEP YOUR PROMISES.

can this marriage be saved?

"We Got Married Too Young"



"Matt blames me because he had to give up his dream of graduating from West Point," said Julie, a 26-year-old, stay-at-home mom. "Cadets have to be single. So when we found out I was pregnant Matt's freshman year and decided to get married, he had to drop out. He complained bitterly about it for the first two years of our marriage. Now he no longer gripes, he just avoids me. He's out late every night with his work buddies. Half the time he comes home at 2 A.M.!

"I'm so sad that we've ended up like this. We used to be so much in love. We'd been dating a year when Matt got his acceptance letter to West Point. I was a junior in high school and he was a senior. We'd already talked about our future—how he'd become an Army officer, I'd be a teacher, and we'd raise our children in exotic places all over the world.

"Then, when he was home for Christmas break, we were careless and had sex without a condom. Shortly after he returned to school, I missed my period. When I broke the news to Matt that I was pregnant, he was great. He didn't even want to consider an abortion or adoption. He said he loved the baby and me more than he loved West Point. He immediately asked me to marry him, and I said yes.

"When I told my parents (Mom is a full-time homemaker; Dad is a lawyer), they were supportive, but I know they were also disappointed. They wished I had waited to start a family till after I graduated from college like my older sister. Matt's parents were really upset about his dropping out of West Point. His dad, now an insurance salesman, used to be in the Army himself; his mom is a high-school receptionist.

"Matt and I had a simple family wedding following my high school graduation. I was 17, and he was 18. Megan was born three months later, just before Matt started at a state college nearby. My parents made an apartment for us in their basement and helped us with finances. I thought everything would be fine.

"I couldn't have been more wrong. As I sat home alone taking care of the baby day after day, I had a sinking feeling that I was never going to fulfill my dream of going to college and becoming a teacher. My friends from high school were doing well in college and talking about summer internships and job opportunities. All I could think was that I'd be stuck alone in this apartment for the next 18 years taking care of a kid.

"That's why it infuriated me so

BY SONDRA FORSYTH



much when Matt would start in on how much he hated *his* life. He was majoring in finance and was good at it, but he was depressed because he was working toward a career that he didn't want. He was constantly telling me he'd rather be at West Point. When I'd tell him that I had to give up my dreams, too, he'd say that some day *I* could still become a teacher, but *his* dream of graduating from West Point was dead forever.

"This same argument continued until Megan was 2 years old. Then one night at dinner, I told him that since all we ever did was remind each other how we had screwed up each other's lives, we might as well get divorced. Matt's reaction stunned me. He said he loved me and wanted to make things work. He promised that he would put West Point behind him and focus on earning a good living for us. And then he told me he wanted another baby. He said it would give him a sense of purpose and that he'd work hard for all of us.

"That kind of talk from the man you love—and I have always loved him in spite of everything—is hard to resist. I swear we got pregnant that same night. And he was wonderful during my pregnancy, coming CONTINUED

can this marriage be saved?

[illegible] and helping [illegible] Megan. Within the next year, he graduated from college, landed a job on Wall Street, and our son Timothy [illegible].

"I wish I could tell you that the new baby worked some magic for us, but it was just the opposite. Again I was stuck at home while Matt was out with his friends until all hours. I began consoling myself with food. Before long I weighed 200 pounds. I felt ugly, was irritable and lost all interest in sex. I think Matt and I had sex once in six months—and stupidly, we didn't use any birth control.

"You guessed it. Baby Number Three was on his way, along with more of the same fights about our lost dreams. Here I am, not even 30 years old, with a 9-year-old, a 7-year-old and a 3-year-old. I never went to college, we're still living in my parents' basement, I'm depressed and overweight, and my husband spends all his free time with his friends in bars. If you can put our marriage back together, you're a miracle worker."

"Leaving West Point was the end of everything I had worked for from the time I was 8 years old when my parents took me to the West Point Museum," said Matt, 27, 6 feet [illegible] tall and extremely fit. "I was fascinated by military history. I knew I wanted a career in the Army. Everything I did from then on—studying hard, being in all the right extra-curricular activities, running for student government—was aimed at my getting into West Point. When I got my acceptance letter, I cried like a baby and so did my mom and dad. I'm their only child, and this meant as much to them as it did to me.

"The first thing I did after I pulled myself together was call Julie. She was ecstatic. I told her I was on the path to the life I had always dreamed of and that I wanted to take her with me. We'd start our careers and raise a family together, in that order.

"That's not how it worked out. Immediately after we had sex that day when I was home for Christmas break, I felt guilty for not using protection. But it was too late. Julie was pregnant. I was thrilled and devastated at the same time. I couldn't help but be excited about having a baby with the woman I loved. But I knew that the life I had always dreamed of was over.

> "I thought another baby would finally save our marriage"

"What I didn't know was that giving it up was going to haunt me. I couldn't get past the disappointment. I hated the idea of going to a normal college. And I hated that I'd be a businessman just bringing home paychecks and not having my heart in my work. Julie had no sympathy for me; she'd just throw her own situation back in my face. And she was on my case all the time about how I should spend more time at home helping her with the baby. The more she pushed, the more I backed off. I'd hang out with my friends until really late to avoid her and our arguments. Deep down I knew Julie deserved more, but I was too miserable myself to feel sorry for her.

"Just before my graduation, my guilt started to get the better of me. Julie is smart, and I wished she could be doing something with her life. Also, I knew I hadn't been a big part of my daughter's childhood. The way I had been acting had kept me from doing much with Megan. So I went home that night to talk to Julie and make some changes.

"Before I could open my mouth, Julie said she wanted a divorce. That broke my heart. I told her I would never mention West Point again, and that I'd get a good job and work hard for her and Megan. I also said I wanted us to have another baby. I know that sounds crazy, but I thought it would save our marriage.

"Bad move. We were both overjoyed when our son Timothy was born, but a new baby just made everything even more stressful for Julie. She started eating more and gained a ton of weight. Our sex life nearly disappeared. Even so, we got pregnant again.

"So now it's round three—another baby and the same old fights. Leo is a really cute kid, just like Megan and Timothy, but Julie is overwhelmed with taking care of three little ones. I can't stand listening to her complain, so I've fallen back into my old avoidance thing, staying out late and not being there for my family. I know it's wrong, but I can't stop myself. Is this marriage hopeless? Are we ever going to escape this vicious circle?"

"Any couple forced to deal with marriage and family when they are still teenagers faces an incredible challenge," said the counselor. "For Julie and Matt, the abrupt end of their career goals was the most crushing aspect of their circumstances. For Matt in particular, the finality of his discharge from West Point was almost unbearable. CONTINUED ON PAGE 20



When chemo made me tired I found the strength to do what I love.

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If you're on chemotherapy, and finding it difficult to do the things you normally do, it's important to tell your doctor about your symptoms. You may actually be anemic and not even know it. In fact, anemia affects 7 out of 10 chemotherapy patients, and can cause extreme tiredness, dizziness and shortness of breath. When you are anemic, you may also find it difficult to think clearly. Furthermore, chemo-related anemia may cause you to interrupt your treatment. Fortunately, there's PROCRIT. It treats chemo-related anemia by helping you regain red blood cells lost during chemotherapy, and more red blood cells can mean more strength. Help your doctor help you. Report your symptoms, and ask if PROCRIT is right for you.

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...herapy. PROCRIT is indicated to decrease the need for transfusions in patients who will be ...

...eeding, which should be managed appropriately. **CONTRAINDICATIONS** ...

...derived products. 3. known ...

...ANINGS ...

...gical and other complications in premature infants, which are sometimes fatal. **Pure** ...

...to PROCRIT should be evaluated for the etiology of loss of effect (see PRECAUTIONS). Lack or ...

...L.P. should be consulted to assist in this evaluation. In patients with PRCA secondary to neutralizing antibodies to erythropoietin, PROCRIT ...ot be switched to another product as anti-erythropoietin antibodies cross-react with other ...

...ONS ...

...ons occur (see CONTRAINDICATIONS). In clinical trials, while transient rashes were occasionally ...serious allergic or anaphylactic reactions were reported. (See ADVERSE REACTIONS for more ...ergic reactions.) The safety and efficacy of PROCRIT therapy have not been established in patients with a known history of a ...natologic disease (eg, sickle cell anemia, myelodysplastic syndromes, or hypercoagulable disorders). In some female ...wing PROCRIT therapy, the possibility of pregnancy should be discussed and the need for contraception evaluated. **Hematology:** Exacerbation of porphyria has been observed rarely in patients with chronic renal failure (CRF) treated with PROCRIT. However, PROCRIT ...eased urinary excretion of porphyrin metabolites in normal volunteers, even in the presence of a rapid erythropoietic response ...ness. PROCRIT should be used with caution in patients with known porphyria. In preclinical studies in dogs and rats, but not in monkeys, PROCRIT therapy was associated with subclinical bone marrow fibrosis. Therefore, cancer patients should have hematocrit (HCT) measured once a week, QW, until HCT has been stabilized and measured periodically thereafter. **Lack or Loss of Response:** If the patient fails to respond or to maintain a response to doses within the recommended dosing range, the following etiologies should be considered and evaluated. 1) Iron deficiency. Virtually all patients will eventually require supplemental iron therapy (see Iron Evaluation). 2) Underlying infectious, inflammatory, or malignant processes. 3) Occult blood loss. 4) Underlying hematologic diseases (ie, thalassemia, refractory anemia, or other myelodysplastic disorders). 5) Vitamin deficiencies (folic acid or vitamin B12). 6) Hemolysis. 7) Aluminum intoxication. 8) Osteitis fibrosa cystica. In the absence of another etiology, the patient should be evaluated for evidence of PRCA and sera should be tested for the presence of antibodies to recombinant erythropoietins. **Iron Evaluation:** During PROCRIT therapy, absolute or functional iron deficiency may develop. Functional iron deficiency, with normal ferritin levels but low transferrin saturation, is presumably due to the inability to mobilize iron stores rapidly enough to support increased erythropoiesis. Transferrin saturation should be at least 20% and ferritin should be at least 100 ng/mL. Prior to and during PROCRIT therapy, the patient's iron status, including transferrin saturation (serum iron divided by iron binding capacity) and serum ferritin, should be evaluated. Virtually all patients will eventually require supplemental iron to increase or maintain transferrin saturation to levels which will adequately support erythropoiesis stimulated by PROCRIT. **Drug Interactions:** No evidence of interaction of PROCRIT with other drugs was observed in the course of clinical trials. **Carcinogenesis, Mutagenesis, and Impairment of Fertility:** Carcinogenic potential of PROCRIT has not been evaluated. PROCRIT does not induce bacterial gene mutation (Ames Test), chromosomal aberrations ...halian cells, micronuclei in mice, or gene mutation at the HGPRT locus. In male and female rats treated intravenously (IV) with PROCRIT, there was a trend for slightly increased fetal wastage at doses of 100 and 500 U/kg. **Pregnancy Category C:** PROCRIT has been shown to have adverse effects in rats when given in doses 5 times the human dose. There are no adequate and well-controlled studies in pregnant women. PROCRIT should be used during pregnancy only if potential benefit justifies the potential risk to the fetus. In studies in female rats, there were decreases in body weight gain, delays in appearance of abdominal hair, delayed eyelid opening, delayed ossification, and decreases in the number of caudal vertebrae in the F1 fetuses of the 500 U/kg group. In female rats treated IV, there was a trend for slightly increased fetal wastage at doses of 100 and 500 U/kg. **Nursing Mothers:** Postnatal observations of the live offspring (F1 generation) of female rats treated with PROCRIT during gestation and lactation revealed decreases in body weight gain, delays in appearance of abdominal hair, eyelid opening, and decreases in the number of caudal vertebrae in the F1 fetuses of the 500 U/kg group. It is not known whether PROCRIT is excreted in human milk. Because many drugs are excreted in human milk, caution should be exercised when PROCRIT is administered to a nursing woman. **Pediatric Use:** See WARNINGS, Pediatric Use. *Pediatric Cancer Patients on Chemotherapy.* Published literature has reported the use of PROCRIT in approximately 64 anemic pediatric cancer patients ages 6 months to 18 years, treated with 25 to 300 U/kg subcutaneously (SC) or IV, 3 to 7 times per week. Increases in hemoglobin and decreases in transfusion requirements were noted. **Hypertension:** Hypertension, associated with a significant increase in HCT, has been noted rarely in cancer patients treated with PROCRIT. Nevertheless, blood pressure (BP) in patients treated with PROCRIT should be monitored carefully, particularly in patients with an underlying history of hypertension or cardiovascular disease. **Seizures:** In double-blind, placebo-controlled trials, 3.2% (N=2/63) of patients treated with PROCRIT and 2.9% (N=2/68) of placebo-treated patients had seizures. Seizures in 1.6% (N=1/63) of patients treated with PROCRIT occurred in the context of a significant increase in BP and HCT from baseline values. However, both patients treated with PROCRIT also had underlying CNS pathology which may have been related to seizure activity. Thrombotic Events: In double-blind, placebo-controlled trials, 3.2% (N=2/63) of patients treated with PROCRIT and 11.8% (N=8/68) of placebo-treated patients had thrombotic events (eg, pulmonary embolism, cerebrovascular accident). **Growth Factor Potential:** PROCRIT is a growth factor that primarily stimulates red cell production. However, the possibility that PROCRIT can act as a growth factor for any tumor type, particularly myeloid malignancies, cannot be excluded. **ADVERSE REACTIONS Immunogenicity:** As with all therapeutic proteins, there is the potential for immunogenicity. Cases of antibody-induced PRCA in patients treated with recombinant human erythropoietins have been described in publications. Very rare occurrences of PRCA and the presence of antibodies with neutralizing activity have been reported since market introduction of PROCRIT in the United States (see WARNINGS: Pure Red Cell Aplasia). Cases have been observed in patients treated by both SC and IV routes of administration. Among reported cases where the route of administration is known, PRCA has been observed more with SC administration than IV administration. The incidence of antibody formation is highly dependent on the sensitivity and specificity of the assay. Additionally, the observed incidence of antibody positivity in an assay may be influenced by several factors including sample handling, timing of sample collection, concomitant medications, and underlying disease. For these reasons, comparison of the incidence of antibodies to PROCRIT with the incidence of antibodies to other products may be misleading. Adverse experiences reported in clinical trials with PROCRIT in cancer patients were ...

...adverse events with an incidence >10% in either patients treated with PROCRIT or placebo-treated patients were as indicated below. Percent of Patients Reporting Event. Event followed by Patients Treated With PROCRIT (N=63) first, Placebo-Treated Patients (N=68) second: Pyrexia 29%, 19%, ...

...13%, 9%, Paresthesia 11%, 6%, Upper Respiratory Infection 11%, 4%, Dizziness 5%, 12%, Trunk Pain 3%, 16%. P=0.041, P=0.069, P=0.0016, P=0.017. Although some statistically significant differences between patients treated with PROCRIT and placebo-treated patients were noted, the overall safety profile of PROCRIT appeared to be consistent with the disease process of advanced cancer. During double-blind and subsequent open-label therapy in which patients (N=472 for total exposure to PROCRIT) were treated for up to 32 weeks with doses as high as 927 U/kg, the adverse experience profile of PROCRIT was consistent with the progression of advanced cancer. Based on comparable survival data and on the percentage of ...reated with PROCRIT and placebo-treated patients who discontinued therapy due to death, disease progression or adverse experiences (22% ...respectively, P=0.25), the clinical outcome in patients treated with PROCRIT and placebo-treated patients appeared to be similar. Available data from animal tumor models and measurement of proliferation of solid tumor cells from clinical biopsy specimens in response to PROCRIT suggest that PROCRIT does not potentiate tumor growth. Nevertheless, as a growth factor, the possibility that PROCRIT may potentiate growth of some tumors, particularly myeloid tumors, cannot be excluded. A randomized controlled Phase IV study is currently ongoing to further evaluate this issue. The mean peripheral white blood cell count was unchanged following PROCRIT therapy compared to the corresponding value in placebo-treated group. **Overdosage** ...

...Therapy with PROCRIT can result in polycythemia if the HCT is not carefully monitored and the dose appropriately adjusted. If the suggested target range is exceeded, PROCRIT may be temporarily withheld until the HCT returns to the suggested target range. PROCRIT therapy may then be resumed using a lower dose. If polycythemia should occur, phlebotomy may be indicated to decrease the HCT.

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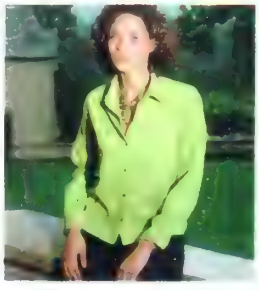
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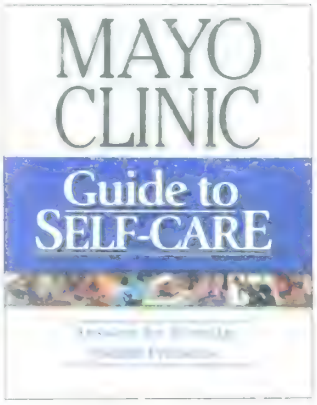
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"They had what it took to reinvent their life together"

Unfortunately, Julie's own sense of hearing been cut off from a promising future, coupled with the stress of new motherhood, kept her from hearing Matt's pain.

"Although they did love one another, each one was too consumed by personal grief over lost opportunities to reach out to the other. The birth of a third child when they were still in their mid-20s and living in a basement apartment put more strain on the relationship than it could withstand. They fell right back into their old destructive habits, and Julie added a new one: overeating.

"To help them break this pattern, I spent an entire session having each of them express their disappointments while the other listened without interrupting. Matt reiterated his feelings about having to leave West Point, but he added that he was finding his Wall Street career more satisfying than he had thought and he appreciated his college degree. When he finished, Julie broke down in tears. After she gained her composure, she said that she deeply regretted never having gone to college. Matt was quiet for a long time, and then he put his arm around her. 'You're going to go to college, honey,' he said. 'We're going to make it happen somehow. And I mean now, not down the road.' She buried her head in his shoulder. Their body language was evidence that these two strong-willed and passionate people had what it took to reinvent their life together.

"That was over a year ago. I'm still seeing Julie and Matt, working with them on communicating in a calm manner instead of shouting. On their own, they established a 'time-out' strategy borrowed from the way they deal with their kids when they misbehave. If Julie begins to raise her voice when she's talking about her frustrations with taking care of the kids, Matt shakes his head as a time-out signal. Julie has learned to take a deep breath and stop herself. Then they wait a full 15 minutes before continuing the discussion. By that time, emotions have cooled and they find they can negotiate productively. For example, Julie outlined some of the ways that Matt could help with the kids, such as being in charge of baths and bedtime so Julie can have some time to herself. Matt also started being on duty one evening every two weeks so Julie could go out with her girlfriends.

"At that point, Julie started filling out college applications so she could earn a bachelor's degree in education. The plan was that both grandmothers would alternate watching the children while Julie was in class. Julie got accepted to the same college where Matt had gone. Then, right before she was supposed to start, Matt's financial firm folded in the wake of September 11th and the faltering economy. Julie and Matt had saved a reasonable amount of money while he was working, so he became a stay-at-home dad. Julie loves her classes and has been motivated to lose almost 50 pounds. Matt found that he had a great time being more involved with the children, and he began studying to get his CPA license so he could work from home.

"'We hope to buy our own home soon,' Julie says. 'We're still in my parents' basement apartment with the kids in bunk beds; when we were having such a hard time, we just weren't in the mood to search for a new home. But that's all changing now.'

"As for Matt, he says he learned something important when he lost his job. 'West Point would have been wonderful,' he said. 'But I know now that a career isn't everything; the most important thing in life is your family. Now that I'm home more and I've had a chance to get to know my kids even better, I realize how lucky I am. I've got Julie, and I've got Megan and Timothy and Leo. I couldn't ask for anything more.'"



"Can This Marriage Be Saved?" is the most popular, most enduring women's magazine feature in the world. This month's case is based on interviews and information from the files of Flo Rosof, Ph.D., director of the Life Development Center in Huntington, New York. The story told here is true, although names and other details have been changed to conceal identities. "Can This Marriage Be Saved?" is a registered trademark of Meredith Corporation.

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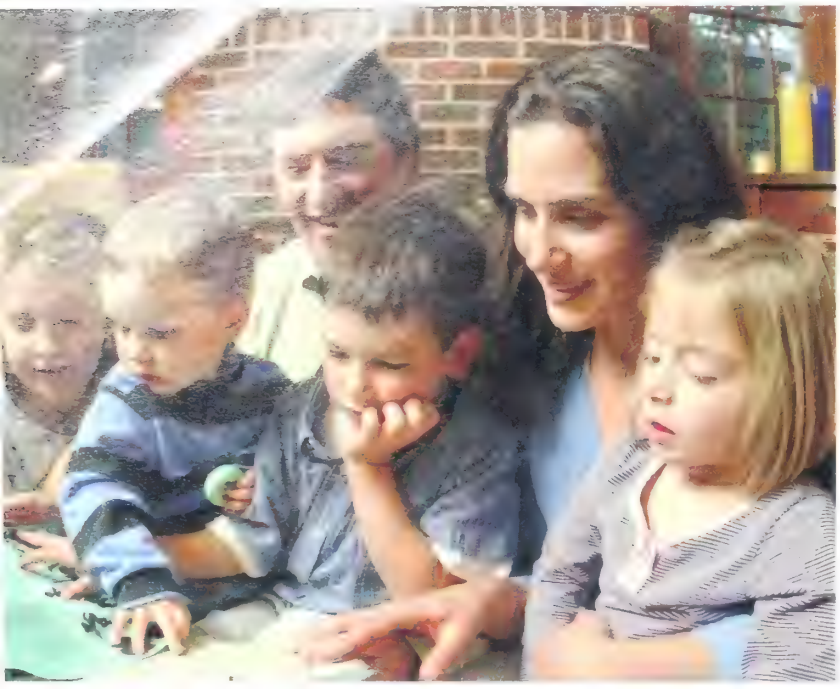


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was this marriage saved?



They Had to Give Back Their Baby Boy

Mark and Laura were devastated when their son's birth mother took him back. Laura desperately wanted to adopt another child, but Mark refused. Could she make him change his mind?

"Cameron was home two weeks when his birth mother wanted him back," Laura Barr told us in May 2000. She and her husband, Mark Musselman, had learned early in the birth mother's pregnancy that they'd be adopting the baby boy she was carrying; the entire family anticipated his arrival. In Colorado, where Laura and Mark live, adoption law allows a birth mother the right to change her mind after a child is born, and in this case she did. When Cameron was taken back, Laura and Mark were devastated, as were their two children, Alexis, then 5, also adopted, and Christopher, then 3, their biological child. Alexis even asked, "Is my birth mommy going to take me away, too?"

Mark, [illegible] swore he would never put his family through that pain again. "The adoption process is [illegible] know if I can handle it," he said. But Laura, a part-time music teacher, was desperate to try one more time. "Two doesn't feel like a family to me," she said. "I want another baby, and I don't understand why Mark is so against it." The two, now both 37, were at a stalemate. Finally, they sought the help of Lynn Heitler, L.C.S.W., a marriage therapist in Denver who helped Laura accept Mark's decision of not going through the adoption process again. Three years later, we checked in with Laura and Mark to see how they are doing:

Mark: A year and a half after we went through counseling, one of my best friends died unexpectedly. It was a tragedy that made me realize how precious, and short, life can be.

Laura: The morning of the funeral, we received a call from the adoption agency. They had not removed us from their list of potential parents. To our surprise, they said they had a baby girl ready for us to adopt.

Mark: The minute I took that call, I knew I wanted that child more than anything. Our therapist helped us talk about the decision without dredging up painful memories.

Laura: We knew that the mother could change her mind again—but we felt so much stronger as a couple that we knew we had to take the risk.

Laura and Mark waited patiently for two months until the adoption was final. To their delight, this time the process went without incident and the little girl they named Olivia was officially theirs.

Laura: And then—another miracle. When Olivia was 9 months old, I found out I was pregnant!

Mark: Devon is 2, Olivia is 4, and now our family is really complete. Our life is crazy, with budgets and bills and runny noses, but when we look at these four little faces, we know we wouldn't trade a minute of it.

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BY MARGERY D. ROSEN

PHOTO: JEFF STIE; HAIR AND MAKEUP: BETH RAN


CHICO'S

how they met



A tragic event on a New York City subway brought two strangers together—forever

Tunnel of Love

BY RANDY KENNEDY

In addition to transporting more than a billion riders every year, New York City subway trains are good for a few other things. They are a perfect place to catch up on the latest Stephen King novel, put on your lipstick or sip a cup of coffee.

But the subway has never been thought of as an ideal place to find romance. So four years ago, when Brendan McFeely, then a 27-year-old trademark lawyer, began to notice an attractive blond woman on his subway platform during his morning commute, he had no idea how to approach her. "It's the *subway*," he says. "You can't really go up to somebody and say, 'Oh my God, you're cute!' "

Still, the subway has strange ways of throwing people together, and not just when a sudden lurch makes straphangers lose their balance.

One morning in December 1999, Brendan was waiting for the F train at the 23rd Street station when he heard someone yelling in panic. He looked down the platform: It was the cute, blond woman, the one he had noticed so many times. "She just started pointing at the tracks and screaming, 'He jumped! He jumped!' " Brendan remembers.

It turned out that the woman, Bonnie Andersen, then 28, a construction project manager for a real estate company, had looked on as a man pacing next to her leapt in front of an oncoming train. Bonnie was one of the only people on the crowded platform to witness the suicide attempt. (Miraculously, the man did not die, but he did suffer serious injuries.)

The next few traumatic moments are still a blur to Bonnie. But one memory is clear. A kind-faced, red-headed man approached her, offering help. "He just looked at me and said, 'Are you okay, miss?' " Bonnie remembers. "He gave off the sense that he was the only levelheaded one there. And he said, 'Let me help you.' So I did."

Brendan waited with Bonnie for an hour until the police arrived and were able to question her in detail about what she had seen. Then, because she seemed so shaken, Brendan escorted her to her CONTINUED

PHOTOS: NANCY SASS, THE NEW YORK TIMES


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office, which happened to be across the street from his own. As they walked together on that cold morning, Brendan says, he very much wanted to ask Bonnie out. But he knew that doing so would be inappropriate under the tragic circumstances. So instead, he fumbled in his pocket for his business card and handed it over to Bonnie as they parted.

It turned out to be wise that he'd erred on the side of restraint: Bonnie had a boyfriend, but for obvious reasons it hadn't come up. "When Brendan gave me his card, I thought about saying 'I'm seeing someone,' but I thought, Why ruin everything? He's the perfect gentleman, and I didn't want to end it on a weird note."

Over the next several months, Bonnie couldn't get the man she and her friends had come to call "Subway Guy" out of her mind. Their paths didn't cross again, but Bonnie admits, "For some reason, I just couldn't throw out his business card. I'd tell my friends, 'Someday I'm going to call Subway Guy.' And they'd say, 'Call him! Call Subway Guy!' "

Meanwhile, Brendan had several opportunities ("good opportunities," he says) to leave his job—and get new cards—but, he says, "I didn't take them, in part because I thought, What if that girl from the subway tries to get in touch with me? It was always in the back of my mind."

Certainly their lives could have diverged as easily as a pair of speeding trains. But when Bonnie and her boyfriend broke up in spring 2000, she pulled out the business card and sent Subway Guy an e-mail. The subject line of her message: "Remember me?"

He certainly did, and in a return e-mail promptly asked Bonnie out. She agreed to meet him for a drink. "I was a little nervous because I could hardly remember what he looked like," she says. "But I had idealized him into this knight in shining armor."

That drink turned into dinner, and dinner quickly turned into the two wanting to spend every minute together, even though they admittedly had little in common in the way of interests and hobbies. Brendan likes to read and is a *Star Trek* fan; Bonnie is more of an outdoorsy type who loves sports and athletics. "But as soon as we started talking on the first date, we didn't stop."



"I didn't change jobs because I thought, What if the girl from the subway tries to get in touch with me?" says Brendan, here with his bride

"I'd tell my friends, someday I'm going to call Subway Guy. And they'd say, 'Call him! Call Subway Guy!' "

Nearly two years later, Subway Guy asked Cute Girl to marry him. She said yes.

And that is how two New Yorkers who stood on the same subway platform came to stand at the altar of the beautiful Marble Collegiate Church on Fifth Avenue and 29th Street on January 25, 2003, and profess their love for each other before 200 guests.

When a passage adapted from the Song of Solomon was read before the ceremony began—"You have made my heart beat faster, my bride"—it seemed like a reminder of that day on the platform, when Brendan heard Bonnie cry out for help. And now, before their assembled guests, he helped again. When it came time for her to speak her vows, Bonnie became overwhelmed with emotion and Brendan wiped a tear from her cheek, giving her a chance to collect herself.

Bonnie and Brendan still have a little trouble believing that such a wonderful event resulted from such a tragic day in the subway. Says Bonnie, "I believe that if fate gives you a chance, you've got to take it. I mean, what do you have to lose?"

Got a great story about how you and your spouse met? Then send us an e-mail at: lhj.howtheymet@meredith.com. We'll pay $50 for any stories we publish.



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family matters



Are Your Kids' Manners a Mess?

With shows like Fox's *Malcolm in the Middle* and MTV's *Jackass* increasingly giving bad manners a thumbs up, more and more alarmed parents are handing their kids over to the pros to learn the finer points of etiquette, such as proper table manners and how to be a good guest. Indeed, in the last decade, the number of etiquette experts in the U.S. offering classes for kids has risen significantly, says Dorothea Johnson, the director of The Protocol School of Washington in Portland, Maine, the largest and oldest etiquette training school in the nation.

In response to the booming interest, upscale hotels and department stores, such as some of The Ritz-Carlton Hotels, Saks Fifth Avenue and Dillard's stores have also started offering etiquette classes for kids. But many parents have to look no further than their public or private schools for such training: more are working it into the curriculum or running after-school classes. To find etiquette schools in your area, contact The Protocol School of Washington at *www.psow.com* or The Etiquette Institute, at *www.theetiquetteinstitute.com*. —*Rebecca Gardyn*

Online Lingo Translated

UR B/F is DDG!! Are you wondering what all those abbreviations flying by on your kid's computer screen mean? Here, a beginner's guide to Instant Messaging shorthand:

ROTFL - Rolling on the floor laughing
POS - Parent over shoulder
RHOK - Ha, ha, only kidding
[illegible] - I don't know
[illegible] - You are OR your
[illegible] - Been there, done that
[illegible] - Anyway
[illegible] - Boyfriend, Girlfriend
[illegible] - Wait one minute
[illegible] - Drop dead gorgeous

—*Megan Cherkezian*

FIGHTING FOR FAMILY-FRIENDLY BENEFITS

As companies continue to cut costs in this tight economy, the promise of a family-friendlier workplace is becoming more and more elusive for an increasing number of employees. Over the last year, the percentage of companies permitting flextime dropped from 64 percent to 55 percent, and the number with employees who telecommute full-time declined from 23 percent to 17 percent, according to a recent survey by the Society for Human Resource Management. But rather than sit by dreaming about having the benefits you need, you can still do something to make them happen.

TAKE AN INFORMAL POLL OF OTHER EMPLOYEES. Find out what benefits they would like to see the company offer and why. Then take your ideas for new options to management as a group, says Joanne Brundage, executive director of the national advocacy group Mothers & More.

THINK LIKE THE BOSS. "You need to prove that your request is in the employer's interest," says Elizabeth Wilcox, author of *The Mom Economy: The Mothers' Guide to Getting Family-Friendly Work*. Show how instituting these policies can have a return on investment in terms of productivity or employee retention.

SUGGEST A TEST DRIVE. Most experts recommend trying programs on a trial basis. This way, employers don't have to feel locked into a promise if they feel it's not working for them. —*Francesca Di Meglio*

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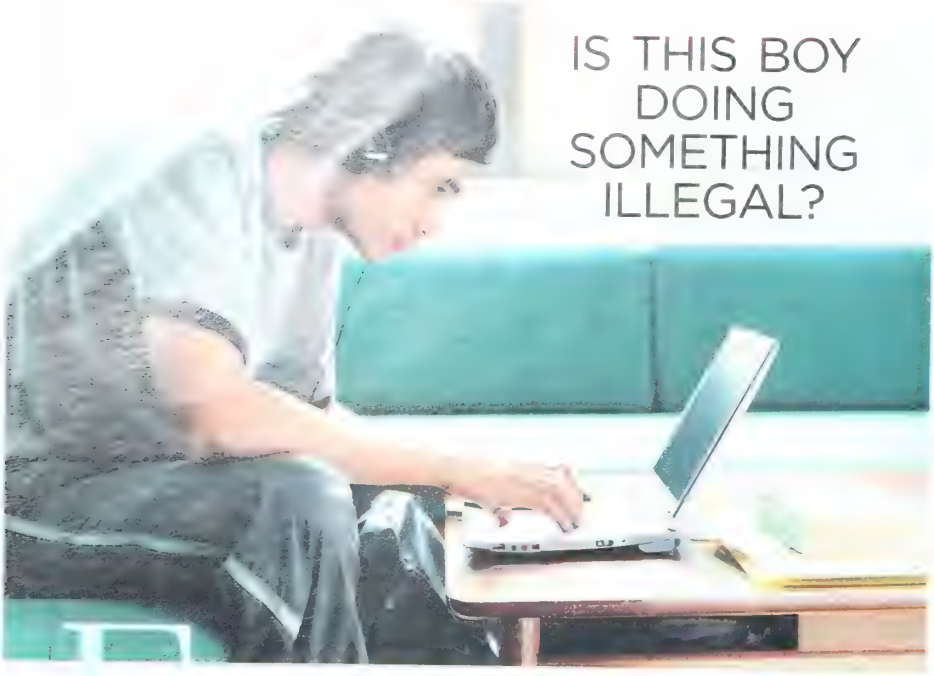
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your teen



IS THIS BOY DOING SOMETHING ILLEGAL?

For your teenager, the appeal of downloading free music from the Internet is a no-brainer: Who wants to empty his wallet at Tower Records if he doesn't have to? For parents, though, the practice raises thorny questions. Chief among them: Could my child be arrested?

The short answer is no—but she (or you) *could* be sued for as much as $150,000. The Recording Industry Association of America has brought several civil lawsuits for copyright infringement against "noncommercial uploaders" (the ones who park entertainment on the Internet in the first place). You may think that lets your child off the hook, but many a downloader becomes an unwitting uploader if he (like most users) fails to turn off the file-sharing feature of the software he's using.

But lawsuits aside, how do you persuade a generation that's grown up with free music that downloading is wrong? The moral argument tends to trump the legal one. "Teens may not care if big record companies get burned," notes New York City mom Mary Chapman, "but they *will* empathize with a musician who's being denied royalties from his art."

And no one is asking kids to give up digital music. Services such as Napster and Apple iTunes let you download legally for a small fee. To circumvent cheating, buy your teen one of Napster's new prepaid "charge cards," available for $14.85 at major retailers. *—Rebecca Day*

SPAS FOR THE YOUNG AND STRESSED OUT

P[illegible] palaces that once catered strictly to affluent adults are [illegible]s (including a sizable proportion of boys) with [illegible]uals, henna tattoos and other spa favorites.

[illegible] craze to stress. "Kids today have more worries, [illegible] help them relax," says Bill Price, director of Pointe [illegible] sort Phantom Horse Spa in Phoenix. Also relevant: Kids tod[illegible]ve more *money* (a collective $170 billion a year)—not to mention [illegible] with looks. And their parents? Most would say skip [illegible]edicure; save the money for college. *—Nadine Haobsh*

NEW

Free Money for College

We've all heard the scary stats: The annual cost of a private university has soared to $26,854, while at state schools, tuition last year rose 14 percent. Luckily, funds available for grants, loans and scholarships are growing, too. To secure your child's piece of this $105 billion pie, be sure to meet *in person* with the financial-aid officers of the schools you're scouting. Here's what to ask:

- **Do you have a list of lenders for "alternative loans"?** Many banks make these loans, which bridge the gap between what you need, as determined by traditional financial-aid formulas, and the reality of what you can pay.
- **What are our merit-based options?** Even if you don't qualify for need-based aid, a teen with a special talent may be a candidate for one of the university's "oddball" grants.
- **Where else should we look?** Some parents pay top dollar to consultants, but financial-aid officers are your best resource. Also try: *www.petersons.com*, *www.finaid.com* and *www.fastweb.com*.

—Margaret Littman

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my life as a mom



Surviving the Girl Wars

BY GERRI HIRSHEY

The first alarm sounded more than a year ago when I saw my 10-year-old daughter, Lila, trudging up the hill from the school bus, storm clouds beneath her bangs, backpack full o' blues. She usually bounces in, kisses the dog and me (in that order) and delivers the day's news with her head in the pantry. By contrast, an after-school mope sends her straight to her room. Interrogation must be gentle and persistent: *What is it, sweetie? You know you can tell Mom . . .*

I can field the fallout from a surprise Spanish quiz or a lunchroom faux pas. Yet no recitation strikes more dread in this mother's heart than "Gillian really really hurt my feelings today!" followed by heart-rending sobs and the whole grisly tale: "And then, Rachel, who's Gillian's first best friend, told Stacey that even though Gillian likes me, she thinks I hang out with losers."

You hug your sad girl and pray for strength. Girl Wars (GWs) have erupted again. Think *Survivor*, set in a school cafeteria, with girls in pastel orthodontia voting the weaker ones off the island—in this case, the cool kids' table. The poison darts fly: *"Like, what's up with your hair? Ewww!" "Would you call that a barf-green sweater or what?"* Feared weapons of exclusion are deployed—whispers, the Icy Stare, the Silent Treatment. GWs are born of shifting constellations of loyalties and the ever-expanding nebulae of preteen insecurities. They're charged with love and fury—and drenched in tears. But though the jargoning has gotten snappier (one recent book classifies combatants as queen bees, floaters and wannabes), GWs are older than Lucy and Ethel's black-and-white TV tantrums. They've long been associated with the pre-hormonal, I-hate-myself-and-everybody-else purgatory of sixth, seventh and eighth grades, a time that can bring out the inner Harpy in the sweetest patootie.

Even though I'd been picked on myself at age 12 by a venomous Cruella, I was caught woefully unprepared when GWs erupted in Lila's fifth grade. (I'd seen no opposite-gender equivalent with Lila's brother Sam, who is two years CONTINUED



Judith Light
Actress

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rdrobe. Now, after [illegible] in the GW trenches, and having compared notes with other GW-afflicted moms, I've learned to recognize the warning signs. It often begins with a breakout of the Phone Flurries—lots of staccato calls after school and into early evening. Offenses are replayed and analyzed in low, urgent tones. Yips of outrage seep through the bedroom door: NO WAY! SHUDUUUUUP! SHE DID NOT! There is also manic instant messaging via the Web, accompanied by audible sniffling. Click-click-click-sniff, click-sniff. I CAN'T BELIEVE SHE DID DAT! and 2 STRESSED 2 TLK NOW.



When the wailing starts, Lila's brother and dad are sympathetic but terrified; they scuttle off like hermit crabs to the safety zone of ESPN. Rocking my weepy odd girl out, I reason and rage: Nobody's entirely blameless in GWs, but why is my baby so often the limping bunny? I guess Lila got the duck-and-cover genes of both her [illegible] parents. And I take a certain ragged pride in realizing that I gave birth to mother of a dumpee, not a dumper. Now 11, she's a kind, loyal kid who's had the same best friend since they were 4. She has a nice set of pity [illegible] when wanton cruelty hits—say, the arrival of a sudden cold front at recess—she's baffled and bereft. Me, too.

Since I can't explain the meanness, I just do my best to comfort her. And always, I try to stick to my position as a noninterventionist. Why? I learned my lesson early on. During one painful freeze-out of Lila by a pal we'll call Michelle, I suggested this sure-fire tactic: "Ask Michelle why she's doing this when she knows it hurts you." Bravely, Lila tried it and Ms. M thundered back: "BECAUSE I WANT TO!" Applying adult logic to the fiery passions of GWs can result in nasty burns. Cases I know of mom-brokered intervention have too often resulted in some frosty encounters at the PTA bake sale. ("So how's your Janey doing with her anxiety issues?") And I do believe that whenever possible, the girls should sort it out themselves. They usually do. They also know when to seek professional help. During one severe GW outbreak, four girls broke into tears over successive skirmishes with a wily aggressor we'll call She Who Glares. Poor thing, she was crying, too, alone in the girls' room. She knew she'd gone too far but had no road map back. Thankfully, the flock of wounded doves flapped off to a guidance counselor who defused the mess in the time it takes to download a Johnny Depp poster. (I've since made good use of the counselor's phraseology, as reported by Lila: "It's not you. She's just having a bad day." This balm not only deflects the uglier personal aspects, it also invites compassion.)

We've also been working out a practical strategy for riding out the wars that lie ahead, like nudging Lila toward demilitarized zones—safe, fun places with none of the tensions that build up in school corridors. Her swim team buddies cheer her through a 50-meter butterfly race and hug her when she climbs out. At her book club, she can argue and chatter confidently with six other girls about the ways fictional people treat one another.

Nobody's entirely blameless in Girl Wars, but why is my baby so often the limping bunny?

Things are settling down a bit. And I've come to realize that the girls may have a better handle on Girl Wars than we horrified moms. Just this morning, when I picked Lila up from a sleepover with her pals, the girls sat the moms down to watch a video they'd made the night before. They'd staged an ugly Corridor Confrontation in which they acted out the classic roles: the stuck-up, lip-glossed Mean Chick and the cringing Victim in off-brand jeans. But their sharp and funny perspective cheered me. In burlesquing their GW battles, they'd gained some distance—and power—over them. The final shot of the video was four girls, arm in arm, bellowing "DON'T BULLY" at the camera. Then they fell into a final dissolve of girl giggles—still the sweetest of sounds.

Next month: How I learned not to cater to kids who are picky eaters.

Do you have advice or comments for Gerri, or stories to share? Write to [illegible]

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NEW



The Socks That Roared

"Husband think" is still often a mystery, even to those of us who have had one for 5, 10, 20 years—or more. In this new column, one husband promises to crack the code for us, starting with why men won't put their socks in the laundry

Let me start with my socks. Not the ones I'm wearing, but the ones I wore yesterday. The ones I took off last night and plopped on the floor in the general vicinity of the laundry basket. Yes, those socks. Those size 13 socks that are the biggest source of discord in my 18-year marriage.

When my wife, Diane, comes across my socks—so close to the basket, yet so far from actually being *in* it—the incredulity begins to bubble up inside her. And then we have "the discussion," which starts out about socks and ends up being about the evolution of the species. It's the same place the discussion about the dirty dishes in the sink ends up.

Now, this discussion about the evolution of the species is actually quite fascinating—as long as you're not in the middle of it. As it begins, Diane, who has a high-school trophy on her shelf for "Best Negative Debater," poses this query: Are these socks (or dishes) left where they are because I don't *remember* she's asked me a million times not to leave them there, or because I remember being asked, but I *just don't care* that it matters to her?

While I'm trying to figure out which response would be better for the future of my marriage (or, as the guys in my regular half-court basketball game put it, "which answer gets me laid?"), my wife, a novelist who also reads a lot of CONTINUED

BY STEPHEN FRIED



During his nine years as a defensive tackle for the Dallas Cowboys, Chad Hennings earned not only three Super Bowl rings, but the collective respect of players and coaches across the league. Not just as a result of rigorous physical conditioning and teamwork, but because his four years at the Air Force Academy and tour of duty flying A-10 Thunderbolt missions during Operation Provide Comfort provided him with a regimen they don't teach in training camp. Show up early. Study the threat. Visualize. Prepare. Focus.

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U.S. AIR FORCE (RET.)

[illegible] books by [illegible] and question. If I don't *remember* (which is sounding more and more like the right answer here), is it because I wasn't *listening* to her all the times she asked, or is there something *wrong* with me physiologically, an actual problem with the workings of my brain, some bad sectors on my mental hard drive? Then she usually notes that studies have shown that men's brains deteriorate faster than women's, and at 45, I'm probably right at the point where my robust lobes start shrinking to the size of raisins.



By this point in the increasingly one-sided discussion, the right answer is clear.

Okay, put me down for the brain damage.

If only it were that easy to escape the discussion. Usually, I am able to wriggle out of this inquisition because my wife knows that I wouldn't purposely do anything to make her upset. But I suspect she also privately takes comfort in the smaller brain theory, which is another example of the big lies women tell men about size not mattering.

What I would never tell her, of course, is that while I really don't remember that I shouldn't let my socks decorate the floor, I also don't really care. Sure, I care that it matters to her. But to be perfectly frank, I doubt I'm ever going to really care myself or even understand why it matters to her. Truthfully, when it comes to socks or dishes, Diane knows I prefer a good, messy pileup and, after a week or a month or so, a really good cleaning. For situations where bacteria and decay aren't involved, well, what's wrong with one good cleaning a year? After all, isn't that where the term Spring Cleaning came from?

I know there are some men who undoubtedly remember to put their socks in the laundry and believe in that same-day dish-doing thing. One of my two brothers is actually quite neat (we refer to him as "the mailman's child"), so it is quite possible for a man to actually care about such things. But most men I know don't. And won't.

My friend Tim believes that the real issue isn't remembering or caring, but rather the sheer volume of female communication. "Well, they go on and on about so many things—I mean, how can you tell which ones really matter, anyway?" he asks, exasperated. "I think women need to stop every now and again and say, 'This bit is really important, so you can forget the last four hours of stuff I've been going on about.'"

When it comes to socks or dishes, my wife knows I prefer a messy pileup, and then a good cleaning

While I have some experience with what Tim is describing, I still think the reason I can't just throw away a cereal box with five Cheerios left in it lies in the fuzzy area between remembering and caring. So I decided to dig up some of those studies Diane always throws in my face about men's and women's memories and brains. It turns out that the most current work focuses less on brain capacity and more on the gender differences in wiring, especially for cognition and memory. The research shows that women have better "emotional memories" and better "autobiographical memories" than men. This would support a theory I like: Men are physiologically programmed not to remember that they are supposed to care about stuff like the final resting place of their socks. (On a more serious note, the researchers speculate that having a better emotional memory is one reason women suffer from depression more than men, since "rumination" can be a risk factor for depression.)

I found another aspect of this study especially revealing. This particular research was done by showing groups of men and women the same series of images and then asking three weeks later what they remembered about them. Apparently, the women found four specific pictures the most emotionally intense. Dead bodies. Gravestones. Crying people. And a dirty toilet.

The women found a dirty toilet as emotionally intense as a dead body.

So, here's my query to Diane: It's bad enough that you're burdened with this horrific association; is it something you really wish on me?

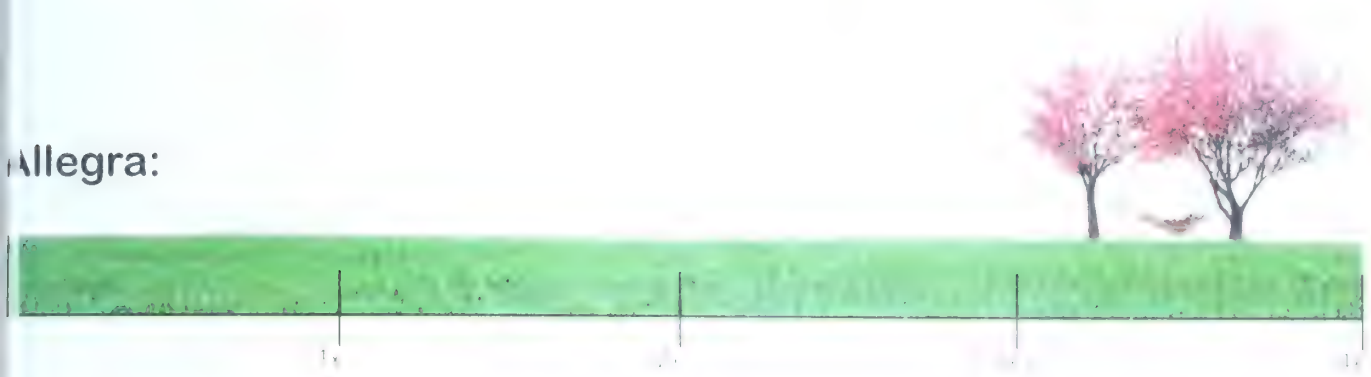
Her answer, of course, is yes.

Next month: Why grown men still play basketball.

Have advice or comments for Stephen? E-mail him at ihy.heartofahusband@meredith.com, and read more about him at www.ihy.com/stephentried

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Table 2
Adverse experiences reported in placebo-controlled seasonal allergic rhinitis studies in pediatric patients ages 6 to 11 in the United States and Canada at rates of greater than 2%

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Table 3
Adverse experiences reported in patients 12 years and older in placebo-controlled chronic idiopathic urticaria studies in the United States and Canada at rates of greater than 2%



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animal affairs



"People say cats aren't capable of selfless love, but I know better," says Frances, with husband Scotty and Boo Boo

Courage Under Fire

When Frances Morris took in a homeless cat and saved her life, she never imagined how Boo Boo would someday return the favor

Boo Boo was a feral cat, a barn cat, bloody, torn up, unable to walk, wedged between two bales of hay. That's how Frances Morris, now 54, found the gray tabby seven years ago in a stable south of San Francisco. Morris had a horse, Guzzy, that she boarded there, and one night when she was grooming Guzzy, she saw that cat, who had obviously been attacked by another animal, a raccoon or a coyote, perhaps. Morris scooped her up and rushed her to a vet.

The vet made [illegible] treated her bites and other wounds, bandaged her up and administered antibiotics—and said the cat just might survive with [illegible]

Morris, a jewelry designer who works out of her home in nearby Burlingame, California, took the challenge, even though she's allergic to cats, and even though undomesticated cats, who are terrified of people, present special challenges. "I just felt so sorry for the poor little thing," says Morris, who coped with her sneezing, wheezing and watery eyes by taking medication. She made a warm, cozy spot with blankets and pillows in her garage, and took to calling her cat Boo Boo, after her many injuries.

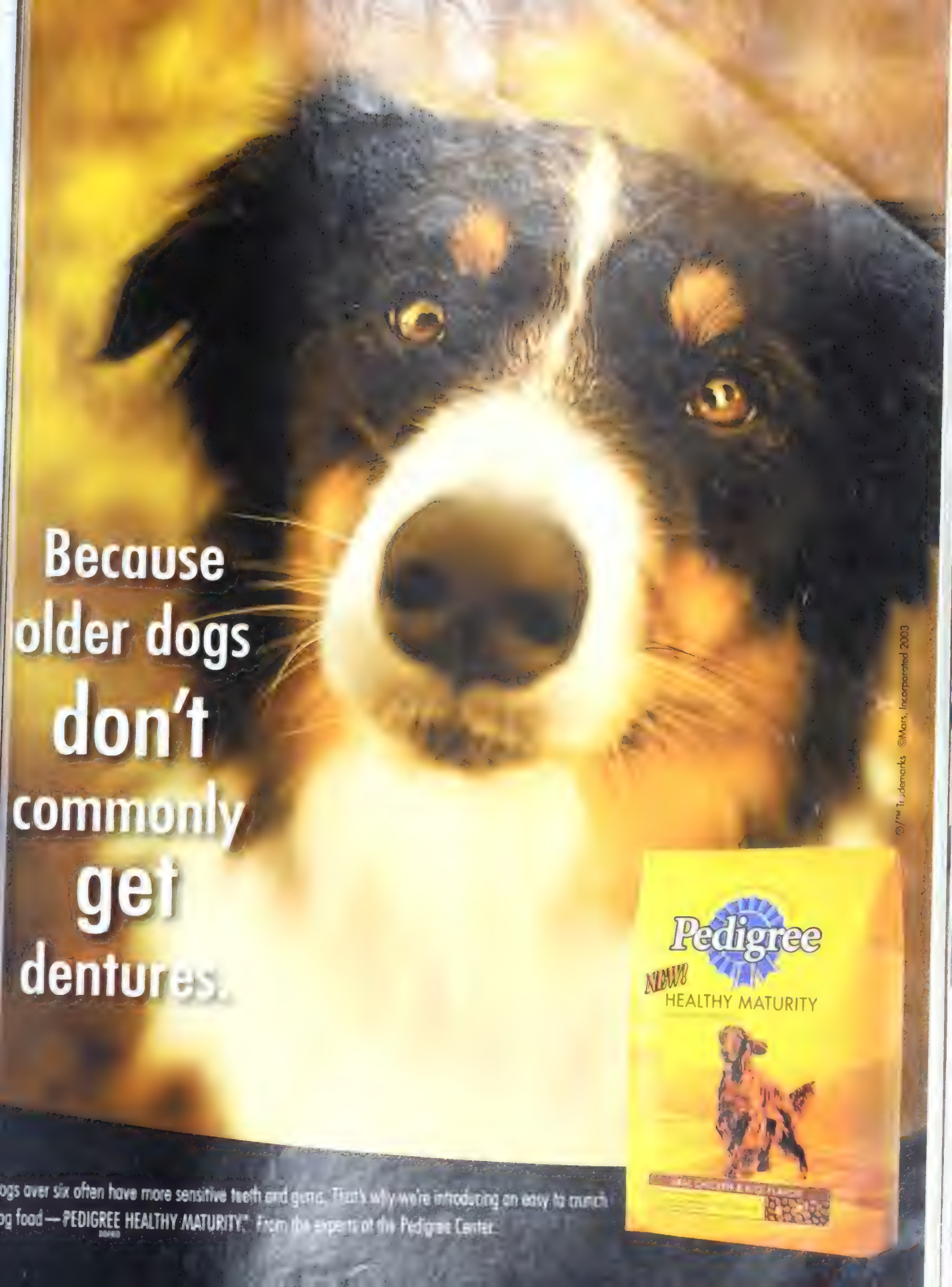
She planned on releasing Boo Boo back at the barn—if she survived, that is—since feral cats can rarely become fully domesticated. But, after six weeks, the cat starting walking, and Morris cheered. She cheered every step of Boo Boo's recovery. They grew close, somehow, even though Boo Boo, who would always carry the fear of a feral cat within her, usually ran and hid whenever Morris came near.

Then, one day, Morris propped a down pillow on the windowsill in her living room and invited Boo Boo to come into the house and live there. To her amazement, Boo Boo accepted the offer.

The thing about Boo Boo, now 14, is that she's still afraid of just about everything. A simple ring of the doorbell will send that cat running down to the basement, or out the cat door and up a tree. She'll refuse to join in if Morris and her husband, Scotty, have friends or family over, preferring instead to keep a safe distance. To a lot of CONTINUED

BY JEANNE MARIE LASKAS

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people, in fact, who'd use the definition of a "scaredy cat."

So imagine Morris's surprise when, one night last spring, she awoke to find Boo Boo howling at her bedside. Boo Boo never came upstairs at night, preferring the sanctuary and solitude of the first floor and basement. That howl! It was loud, and was clearly intended to wake Morris. Scotty remained sound asleep beside her, while the family dog, a rescued mutt named Brodie, was snoring away peacefully in the next room.

"What on earth is the matter, Sweetie?" Morris said to Boo Boo, in the kindest voice she could muster. Morris is not a good sleeper and, in truth, was annoyed to be awakened from what was shaping into a deep, satisfying slumber.

Boo Boo, in no mood to be mollified, kept howling and moaning, howling and moaning. Clearly, she was trying to tell Morris something. Morris thought about her friend Donna, who was visiting from Hawaii and spending the night in the guest room. She figured Boo Boo was disturbed by the presence of a stranger. That poor fearful cat—she couldn't even handle a common houseguest. Morris brought her into bed and began stroking her. "It's okay, little girl, everything's going to be okay," she cooed reassuringly. For the moment at least, Boo Boo stopped howling.

Morris didn't even consider the candle burning downstairs in the kitchen. Every year on Crazy's birthday—the horse died four years ago at the ripe old age of 29—Morris honored him with a memorial candle. She had put the candle on the sink before bed because she was safety conscious. But she had left it burning when she went to sleep, as is the tradition with memorial candles; it's bad luck to blow them out. Stroking Boo Boo on that odd night last spring, Morris drifted back to sleep.

Suddenly, she woke up with a start and saw Boo Boo standing there howling, moaning and meowing all at once. It was the loudest animal noise Morris had ever heard. Then she saw it. Smoke. It was filling the room. Thick, black as ink, swirling as if hungry to engulf everything in sight.

She leapt out of bed and ran to the kitchen, the source of the smoke. Flames were spiraling up from the drain. Black smoke was pouring out from the cabinet under the sink where all the kitchen cleaning chemicals were kept. (Morris would later learn that the heat from the candle cracked the glass around it and the candle fell into the garbage disposal. There it ignited the plastic pipes before the flames reached the combustible cleaning supplies, which were just about to explode.)

> Boo Boo kept howling and moaning. Clearly, she was trying to tell Morris something

Morris didn't know any of that at the time. She just knew Boo Boo, a cat afraid of a doorbell, had braved the fire to deliver her message. After Morris dialed 911, and the firefighters came with all their equipment and noise and hoses, Boo Boo stayed right there in the kitchen, howling, as if refusing to let go of her responsibility. There was nothing they could do to get that cat to stay outside.

"Five minutes," the fire chief said to Morris and her husband. "If that fire had lasted five more minutes, you all would have been asphyxiated. That cat saved your lives."

Boo Boo disappeared after it was all over. She went into hiding for a day. Then she came back, the same old scaredy-cat.

It's been nearly a year since the fire destroyed Morris's kitchen, the fire that nearly swallowed up her house. Boo Boo is doing fine, still enjoying her days on the down pillow in the living room window, watching the world go by. Morris wonders many things. She wonders, of course, why she and her husband were so lax in changing their smoke-alarm batteries, which were, in fact, expired. She wonders why her dog, usually a barker, had to be woken up during the fire. And she wonders if it's magical thinking or if it's real: Long ago she saved Boo Boo's life, and now Boo Boo had returned the favor.

Maybe it's silly, she thinks on the one hand; then, on the other, she remembers—the cat door. Boo Boo discovered the fire, and she could easily have run, as was her habit, out the door to safety. But she didn't flee and disappear into the night. Instead, Boo Boo came upstairs. "Some people say animals don't think," Morris observes. "Some say cats aren't capable of selfless love. But I know better. Boo Boo is living proof."

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"Well, I'm just going t
make him my brother
insisted 4-year-old R
after her mother explai
that she and Dorian were
not related. Dorian, 7, and
his mom Sheila Hove (left)
are housemates with Alison
Sherrill and Hannah Diehl.



The Single Mom's New Secret Weapon

Strapped for cash, desperate for child-care solutions, and hungry for emotional support, solo moms are signing up for an innovative service that is creating a new kind of American family

BY DARYL CHEN

Alison Sherrill can't remember exactly what her 4-year-old daughter Reagan was doing that day to provoke her—leaving blobs of Play-Doh all over the living room rug? Pouring herself a glass of water and missing the glass completely? Whatever it was, it was pushing the Atlanta single mom's buttons. "I was done. I was finished. I was about to have a meltdown," says Sherrill, 33. Fortunately, Sheila Hays, 41—a fellow single mom and a pro at spotting kid-induced exasperation—was nearby, picked up on the cue and invited Reagan to help her in the garden. "It was so nice," recalls Sherrill. "I was able to lie on the couch and read my book for 15 minutes. I was like, Oh, Lord, thank you. That's the main thing you need most as a single parent. Sometimes, you just need a break."

Sherrill and Hays are more than just good single-mom friends happy to give each other a break. They are housemates, and as such are among an increasing number of divorced, separated and never-married moms who are saving money, time and a big chunk of their sanity by moving in together. Many of them are meeting through Co-abode.com, a successful online roommate-matching service designed for single moms. It couldn't have come at a better time with 10 million single mothers living with kids under the age of 18 (nearly triple the number in 1970), nearly one third of whom live below the poverty level (versus 9 percent of all families).

Co-abode provides modern-day single moms with the kind of support and structure that socially at-risk groups—unmarried mothers, immigrants and the elderly—have had throughout American history. Indeed, sharing living quarters with non-family members has long been a way for struggling families to save money and create a greater sense of community, says Deborah Skok, Ph.D., assistant professor of history at Hendrix College, in Conway, Arkansas. The [illegible]

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"I thought, I don't want to do this alone," says Carmel Sullivan of raising her son, Cooper (with her, left). Soon after, Co-abode.org was born

eater than before. After the Welfare Reform Act of 1996 mandated that the benefits of recipients—many of whom are single mothers—be cut off after five years, growing numbers of [illegible] are seeking out alternative living situations, says Dr. Skok.

Finding an alternative living situation was the last thing on Carmel Sullivan's mind in 2000, the year her divorce was final and she decided to move from Boulder, Colorado, to Los Angeles with her son, Cooper, then 8. Even though she had two sisters living in Los Angeles, she felt profoundly lonely and extremely overwhelmed. Explains the 48-year-old mom and former painter, "Once you're divorced and on your own, you're wearing every hat. You're the disciplinarian, the nurse, the cook, the shopper, the car pooler. And when it's 10 P.M. and your kid is in bed, and suddenly you realize you've got no milk for the morning, you're stuck."

Then it occurred to her that getting a roommate, preferably a single mom with a child her son's age, would solve many of her problems. Not only could a roommate provide logistical and emotional support, she thought, but that woman's child could be "a playmate for Cooper, someone to get him off the computer and the TV."

She started looking for a home large enough for two families and settled on a three-bedroom house in West Los Angeles. She then placed a roommate listing with a local agency. Within a week, she received 18 responses from local single moms. After speaking with each of them, she chose [illegible]. Because the fellow artist had two sons close in age to Cooper. Plus, Sullivan says she and Baden had similar tastes (and sizes) in clothing and [illegible] which they shared like sisters.

Still, Sullivan couldn't get the 17 other applicants out of her mind. She kept looking over the list and started to notice how many had similar interests and needs. Perhaps, she wondered, they would be compatible with each other and would appreciate an introduction. When she phoned a few of them and heard their enthusiastic responses, she had an epiphany: "I thought, Oh my God, I've tapped into a real need here."

Sullivan drew up a business plan, commissioned a designer to create a Web site, and in 2001, launched Co-abode.org. Running the nonprofit organization has become Sullivan's full-time job; the site, which survives mostly on private donations, now has close to 9,000 registered members. More than 350 women have paired up in almost every state.

Sherrill and Hays, of Atlanta, are among the most successful pairs to find each other through Co-abode. In the summer of 2002, Hays, a hairdresser who had been divorced for four years, needed help with the mortgage payments on her four-bedroom home and companionship for her son, Dorian, 7. She read about Co-abode in a magazine and signed up. After entering her zip code, she saw that six single moms in her area were looking for housemates. Sherrill's profile seemed the most compatible. Both mothers are outgoing and athletic. Hays swims, cycles, runs and in-line skates; Sherrill is a Montessori teacher who's also a runner and spinning instructor.

Over the next three months, the two got to know each other by chatting on the phone and meeting for meals. Through their many conversations, they learned that their parenting styles were in sync. They both were trying to raise independent, loving and respectful children and believed in discipline in the form of time-outs and taking away privileges, or talking through problems. They hammered out potential sticking points, such as the issue of Sherrill's boyfriend (Sherrill supported Hays's strong feelings about not letting him, or any other men, sleep over) and TV watching. Sherrill didn't want her daughter, Reagan, to watch TV on weekdays, so Hays agreed that she and Dorian would only watch on her bedroom set on those days. Hays calculated a monthly rent for Sherrill that included electricity, water and cable TV and asked her to put down a deposit to cover potential damages.

During this three-month "courtship," the women brought their children together a few times to see if they clicked. They did. This was no surprise to Hays; for as long CONTINUED

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"I'm living with a really great girlfriend after being alone," says Lili Feldman (on the floor with daughter Sofia) of housemate Cynthia Muldrow and her daughter, Zora

...ora would enthusiastically Dorian had ...sked ... a sibling. When she introduced him to Reagan and explained that she and her mom ...ould move in with them, the boy was thrilled. Hays laughs. "He kept saying, 'When are they coming, Mommy? I can't wait, I can't wait!' "

In October 2002, the four of them made it official. Now the makeshift family eats breakfast together every morning. A few nights a week after the kids are put to bed, Hays and Sherrill hang out in the den and chat or watch TV; as often, they go to their separate rooms and relax. Occasionally, one of them goes out with friends, leaving the other mom in charge of the sleeping kids. (Both kids spend weekends with their fathers, who are supportive of their ex-wives' living arrangements.)

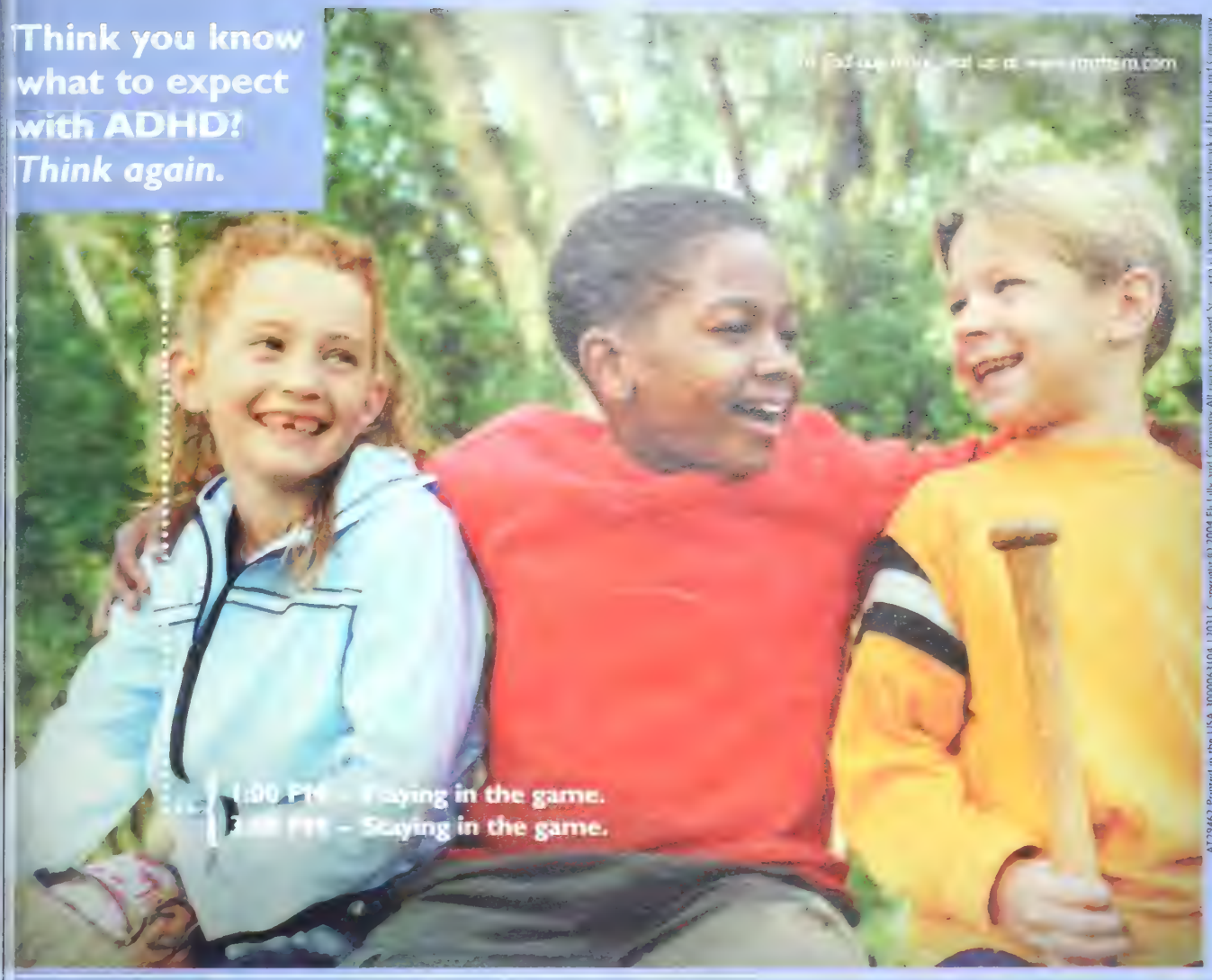
Despite age and gender differences, Dorian and Reagan have bonded. "They are very sibling-like," says Sherrill. "One minute they love each other. The next, they can't stand each other." The two have plenty of moments of screaming "He's in my room!" and "She's touching my stuff." But after the families spend time apart on vacation, the kids run to hug each other when reunited. Sherrill thinks that some friction is good for the kids. "Reagan gets to deal with the issues that children who have siblings do, like sharing toys and attention," she says, "which is great practice for life."

Cynthia Muldrow, 45, and Lili Feldman, 47, would no doubt share that opinion. Muldrow, a lawyer, and Feldman, a therapist and artist, also met through Co-abode. Feldman and her daughter, Sofia, 7, moved into the three-story Brooklyn home Muldrow shares with her 11-year-old daughter, Zora, last summer. The two families have a bit more privacy than the average Co-abode pairing. Feldman and Sofia occupy the house's third floor, which consists of two bedrooms, a bathroom and a kitchen/living room, and Muldrow and Zora live on the second floor. The first floor—which has a living room and a kitchen and is considered Muldrow and Zora's area—is often used as a communal space where the mothers hang out and drink coffee in the mornings and the families watch movies or TV in the evenings. Several times a month, the families have dinner together. But there's a casual mingling with kids, grownups (and dog Nikki) clattering between floors and rooms, calling each other's names, laughing and talking. (Both daughters spend half their weekends with their fathers.)

Like the Atlanta women, Muldrow and Feldman had pre-cohabitation powwows on how to make their living arrangement work, such as how to combine their furniture, when to share meals, and where the kids should do their homework. But as move-in day approached, Feldman realized that implementing their plans was harder than she anticipated. "I thought, Whoa, I'm not sure how much I can do right now. It's a big deal moving into someone else's house without worrying about the details." The families kept their possessions and routines separate at first, creating distance that Muldrow, recently separated from her husband, and Zora especially needed. Today, Feldman's furniture remains in her suite of rooms, and Muldrow's is in hers. The girls do their schoolwork in their own rooms.

One process that both moms have observed with interest is their daughters' evolving relationship. While Zora has an older half brother who lived with her parents most summers while they were together, Sofia has always been the only child. When the Feldmans moved in, Muldrow says, "Sofia's expectation was that she'd have a playmate whenever she was ready." Zora was initially annoyed by Sofia's neediness until her mom explained the younger girl's perspective. Now, Muldrow says, "I hear Zora tell her, 'I'm going to make time after my homework to play with you.' "

Although the women's families and exes are now accepting of the women's arrangement, they expressed doubt and confusion at first, a fact the moms found surprising. Feldman says, "Cynthia and I joke, 'You can meet someone on a bus and fall in love after two weeks, and everyone thinks it's great. But you meet someone like this, and people just don't CONTINUED ON PAGE 56



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Some children may lose weight when starting treatment with Strattera. As with all ADHD medications, growth should be monitored during treatment.

Most children in clinical studies who experienced side effects were not bothered enough to stop using Strattera. The most common side effects were upset stomach, decreased appetite, nausea or vomiting, dizziness, tiredness, and mood swings. Strattera has not

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INFORMATION FOR PATIENTS OR THEIR PARENTS OR CAREGIVERS

STRATTERA (atomoxetine HCl)

Read this information before you start taking STRATTERA (Stra-TAIR-a). Read it each time you get more STRATTERA. There may be new information. This information does not take the place of talking to your doctor about your medical condition or treatment.

What is STRATTERA?

STRATTERA is a non-stimulant medicine used to treat Attention-Deficit/Hyperactivity Disorder (ADHD). STRATTERA contains atomoxetine hydrochloride, a selective norepinephrine reuptake inhibitor. Your doctor has prescribed this medicine as part of an overall treatment plan to control your symptoms of ADHD.

What is ADHD?

ADHD has 3 main types of symptoms: inattention, hyperactivity, and impulsiveness. Symptoms of inattention include not paying attention, making careless mistakes, not listening, not finishing tasks, not following directions, and being easily distracted. Symptoms of hyperactivity and impulsiveness include fidgeting, talking excessively, running around at inappropriate times, and interrupting others. Some patients have more symptoms of hyperactivity and impulsiveness while others have more symptoms of inattentiveness. Some patients have all 3 types of symptoms.

Symptoms of ADHD in adults may include a lack of organization, problems starting tasks, impulsive actions, daydreaming, daytime drowsiness, slow processing of information, difficulty learning new things, irritability, lack of motivation, sensitivity to criticism, forgetfulness, low self-esteem, and excessive effort to maintain some organization. The symptoms shown by adults who primarily have attention problems but not hyperactivity have been commonly described as Attention-Deficit Disorder (ADD).

Many people have symptoms like these from time to time, but patients with ADHD have these symptoms more than others their age. Symptoms must be present for at least 6 months to be certain of the diagnosis.

Who should NOT take STRATTERA?

Do not take STRATTERA if:

- you took a medicine known as a monoamine oxidase inhibitor (MAOI) in the last 2 weeks. An MAOI is a medicine sometimes used for depression and other mental problems. Some names of MAOI medicines are Nardil® (phenelzine sulfate) and Parnate® (tranylcypromine sulfate). Taking STRATTERA with an MAOI could cause serious side effects or be life-threatening.
- you have narrow angle glaucoma, an eye disease.
- you are allergic to STRATTERA or any of its ingredients. The active ingredient is atomoxetine. The inactive ingredients are listed at the end of this leaflet.

What should I tell my doctor before taking STRATTERA?

Talk to your doctor before taking STRATTERA if you:

- have or had liver problems. You may need a lower dose.
- have high blood pressure. STRATTERA can increase blood pressure.
- have problems with your heart or an irregular heartbeat. STRATTERA can increase heart rate (pulse).
- have low blood pressure. STRATTERA can cause dizziness or fainting in people with low blood pressure.

Tell your doctor about all the medicines you take or plan to take, including prescription and non-prescription medicines, dietary supplements, and herbal remedies. Your doctor will decide if you can take STRATTERA with your other medicines.

Certain medicines may change the way your body reacts to STRATTERA. These include medicines used to treat depression [like Paxil® (paroxetine) and Prozac® (fluoxetine)], and certain other medicines (like quinidine). Your doctor may need to change your dose of STRATTERA if you are taking it with these medicines.

STRATTERA may change the way your body reacts to oral or intravenous albuterol (or drugs with similar actions), but the effectiveness of these drugs will not be changed. Talk with your doctor before taking STRATTERA if you are taking albuterol.

How should I take STRATTERA?

- Take STRATTERA according to your doctor's instructions. This is usually taken 1 or 2 times a day (morning and late afternoon/early evening).
- You can take STRATTERA with or without food.
- If you miss a dose, take it as soon as possible, but do not take more than your total daily dose in any 24-hour period.
- Taking STRATTERA at the same time each day may help you remember.
- STRATTERA is available in several dosage strengths: 10, 18, 25, 40, and 60 mg.

Call your doctor right away if you take more than your prescribed dose of STRATTERA.

Other important safety information about STRATTERA

Use caution when driving a car or operating heavy machinery until you know how STRATTERA affects you.

Talk to your doctor if you are:

- pregnant or planning to become pregnant
- breast-feeding. We do not know if STRATTERA can pass into your breast milk.

What are the possible side effects of STRATTERA?

The most common side effects of STRATTERA used in teenagers and children over 6 years old are:

- upset stomach
- decreased appetite
- nausea or vomiting
- dizziness
- tiredness
- mood swings

Weight loss may occur after starting STRATTERA. It is not known if growth will be slowed in children who use STRATTERA for a long period of time. Your doctor will watch your weight and height. If you are not growing or gaining weight as expected, your doctor may change your treatment of STRATTERA.

The most common side effects of STRATTERA used in adults are:

- constipation
- dry mouth
- nausea
- decreased appetite
- dizziness
- problems sleeping
- sexual side effects
- problems urinating
- menstrual cramps

Stop taking STRATTERA and call your doctor right away if you get swelling or hives. STRATTERA can cause a serious allergic reaction in rare cases.

This is not a complete list of side effects. Talk to your doctor if you develop any symptoms that concern you.

General advice about STRATTERA

STRATTERA has not been studied in children under 6 years old.

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use STRATTERA for a condition for which it was not prescribed. Do not give STRATTERA to other people, even if they have the same symptoms you have.

This leaflet summarizes the most important information about STRATTERA. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information on STRATTERA that is written for health professionals. You can also call 1-800-LILLY-RX (1-800-545-5979) or visit our website at www.strattera.com.

What are the ingredients in STRATTERA?

Active ingredient: atomoxetine.

Inactive ingredients: pregelatinized starch, dimethicone, gelatin, sodium lauryl sulfate, FD&C Blue No. 2, synthetic yellow iron oxide, titanium dioxide, and edible black ink.

Store STRATTERA at room temperature.

This patient information summary has been approved by the US Food and Drug Administration.

Literature issued January 17, 2003

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Think you know what to expect with ADHD? Think again.



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Presenting Strattera, the first FDA-approved non-stimulant ADHD medication

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- Clinically proven to effectively treat all symptoms of ADHD, such as inattention and/or hyperactivity/impulsiveness.
- Can be taken once or twice a day for full-day relief of ADHD symptoms from school through family time, without causing insomnia in most children and adolescents.
- Because Strattera is a non-controlled prescription medication, it offers the convenience of phone-in refills between physician visits.
- Strattera is part of a total treatment program.

So ask your doctor today if non-stimulant Strattera is right for your child. To find out more, contact us at strattera.com or call us at 1-877-777-4040.

Safety Information: Your child should not take Strattera if he or she has taken an MAOI in the past 14 days, has narrow angle glaucoma, or is allergic to any of its ingredients. Tell your doctor if your child has a history of liver problems, suicidal thoughts, or depression. Strattera may cause dizziness, sleepiness, or mood swings. Your child should not take Strattera with albuterol, pseudoephedrine, or other medicines that affect norepinephrine. Strattera should not be taken with an MAOI or within two weeks of stopping an MAOI, and an MAOI should not be started within two weeks of stopping Strattera. Do not take Strattera if your child has taken an MAOI in the past 14 days, or if he or she has narrow angle glaucoma. Tell your doctor if your child has a history of high or low blood pressure, increased heart rate, or any heart or blood vessel disease.

Some children may lose weight when starting treatment with Strattera. As with all ADHD medications, growth should be monitored during treatment.

Most children in clinical studies who experienced side effects were not bothered enough to stop using Strattera. The most common side effects were upset stomach, decreased appetite, nausea or vomiting, dizziness, tiredness, and mood swings. Strattera has not been studied in children under [illegible]

For additional safety information, please see accompanying package insert.

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know how to understand it.'"

Still, Muldrow and Feldman consider their living situation temporary; they both assume they will eventually remarry or move into separate homes one day. Similarly, from the day that Sara Brown* and her son, Sam*, moved into the Centreville, Virginia, townhouse owned by Erin Andrews* and her son, Aaron*, Brown made it clear that the cohabitation would not be a long-term commitment. "We planned to be here for a couple of years at the most," says Brown, who moved in October 2002. What neither woman counted on was how close they would become.

Ever since they became housemates, Andrews, 37, and Brown, 28, have relied on each other frequently to baby-sit for their sons (both are 6) when one of them has to work late (Andrews is a college administrator; Brown is a former software executive), run errands, or go out, but also for so much more. For one thing, there's the instant empathy for their everyday struggles. "When you're a single mom and you talk about it with people who aren't, they feel bad for you and it makes them feel awkward," explains Brown. "It's more comfortable talking with other single moms. They're not trying to fix it, and they're not pitying you. They'll understand and share their own stories."

Last spring, Brown's boyfriend, Luke*, proposed to her. While she gladly accepted, she says, "I was comfortable living with Erin. I wasn't really ready to change that." When Brown gave Andrews the news, Brown asked her, "What would you think if we all lived together?" Andrews embraced the idea; she needed Brown's rent money to help make her mortgage payments. Plus, she says, "We were all getting along so well!"

The townhouse continues to be a happy, if crowded, home. And as of November, they have yet another member to add to their unconventional family: Luke and Brown now have a baby boy. Andrews is as excited as the parents: "It's an incredible opportunity for my son because he's going to experience having a newborn around," she says.

But the new baby means that Brown and her family plan to move out of Andrews's house and into their own home. Andrews says she will use Co-abode again after they leave. Even so, Brown, Luke and Sam have already invited Aaron to sleep over on the first night in their new place, and the women have vowed to maintain the close bond between them and their sons. "Having another mom who knows me, knows my child, cares about him, and respects me, has enriched my life so much," says Brown. "I'll never forget what Co-abode has done for me and my son."

Words like these warm Co-abode founder Carmel Sullivan's heart and make her hard work so rewarding. Yet, she is modest about its success. "This is an idea whose time has come, and I'm just the vehicle," she says. Her next project? Finding a new roommate of her own. After living together contentedly for six months, Carmel's housemate and her sons moved back to their native Australia. Both families remain fast friends, but Carmel's house feels empty without another family. She and Cooper, now 12, are looking for a new single mom and her kids to move in. Any takers?

LHJ.com Discover 10 ways to reduce single-parent stress at: **www.lhj.com/singleparent**

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Thousand Oaks, California



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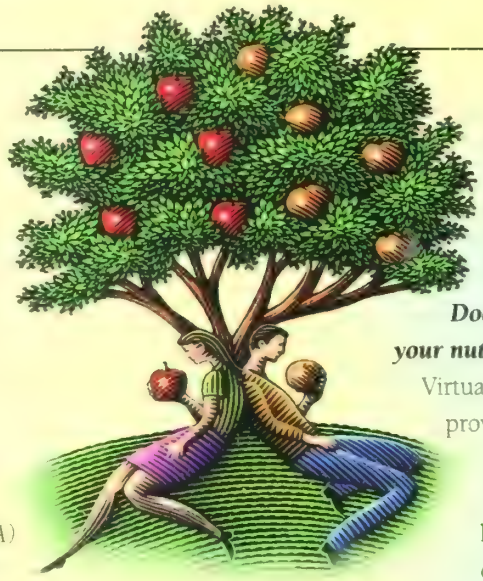
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1. JAMA. 2002;287:3127-3129.
2. JAMA. [illegible]



Mom's Secret Stress Protection

Raising children brings more stress into your life, but giving birth may actually make you better equipped to handle it, according to recent research from the University of Richmond, in Virginia. A study that looked at the responses of female rats in stressful conditions found that the ones who were mothers were more adaptive and less fearful. "There's something about pregnancy that moderates females' responses to stress," says Craig Kinsley, Ph.D., a professor of neuroscience and lead researcher in the study. He says the hormonal changes that occur in the brain to help a mother cope with stress during childbirth remain long after she gives birth. While these studies weren't conducted in human moms, Dr. Kinsley says hormonal changes during pregnancy among the two species are similar. *—Caroline Stanley*

NEW

Why Having Sex Keeps You Happy

We already know that [illegible] can give you a natural boost; researchers now say having more may not [illegible] lucking [illegible] women over a 13-year period. Those women in [illegible] by about [illegible] matters and, [illegible] measures) were a [illegible] body mass index—[illegible]

For more heart-health information, turn to our Health Journal feature, "A Silent Killer," on page 158

How to Banish a Bad Mood

If you're in a foul mood, don't just wait for the cloud to pass. Researchers are getting closer to learning how we can order up happiness when we need it. Try some of these scientifically proven tips:

Write a thank-you note. Just thinking about what you're grateful for can increase your happiness quotient and even make you healthier, according to a study from the University of California, Davis. Gratitude triggers positive emotions such as joy and hope that in turn help your immune system, explains lead researcher Robert Emmons, Ph.D.

Take a hike. Actually, even a short stroll will do. A review of 32 studies in the *Journal of Aging and Physical Activity* suggests that physical activity can improve a person's mood perhaps by causing the brain to release chemicals like serotonin, which is known to boost feelings of well-being. Three, brisk, 10-minute walks in a day can do it, says research reported in the journal *Medical Science Sports Exercise*

Do a good deed. Of course it cheers you up when others do something nice for you, but doing something nice for someone else might actually make you happier. Studies show that happy people give more time and money to charities, which leads us to believe happiness is related to doing good deeds, says Philip Watkins, Ph.D., professor of psychology at Eastern Washington University in Cheney, Washington.

—Alison Stein Wellner



NEW

"HAVE I GOT A GUY FOR YOU!"



Here's my problem: I can only have sex with one other person for the rest of my life. That's because I'm married. Oh sure, I can hear you now: You can too be married and have sex with more than one person–just move to France. Well, I don't like France. The cheese, yes, but not the men. I mention all this because if I can't date, have sex and fall in love with anyone else, I can at least hope my friends will, and then tell me about it. Which is why around Valentine's Day, my matchmaking instincts kick into high gear.

But I'm about as good a matchmaker as Arnold Schwarzenegger is an English teacher. This, however, does not in the slightest prevent me from trying. I will match people because they both own the same model of car or because they're both short. I don't even have to know someone well enough to fix her up with me. I don't have to know her at all. Recently, I fixed up a guy I met at the dog park with a woman I had only ever talked to on the phone. This is what I knew: He was handsome, shallow and well-heeled, and she was a model. Was more information necessary? I think not. They met, and it was lust at first sight. *Score!* Perhaps I should have asked her feelings about dogs, since, as it turns out, not every 120-pound supermodel is eager to share her bed with a 150-pound mastiff. She was such a diva, he said; he was psychotic, she told me. Now, neither will return my phone calls.

Here's the thing, too: When you get a little older, everyone gets pickier just at the same time the pickings get slimmer. I want to shout at my girlfriends, "What do you *mean* you don't want to date a man who's been married? *You're 40!* If he hasn't been married and he's your age, the headline of your match.com ad might as well be 'SWF Seeks Man With Narcissistic Personality Disorder!' "

My reputation as a bad matchmaker precedes me. Yesterday, I eagerly called my friend Jessica, who's my current project. I know a man who would be perfect for her. And by "know," I, of course, mean "met in line at Starbucks." Like her, he was a creative director at an ad agency who seemed witty; also, like her, he was blond, pale and gaunt. They would breed many fine-boned, ghostly, postmodernist children. Besides, I worry about her a little because she just bought her third cat. So I called. I was very excited–just as I'd been with the last three men I'd set her up with. She picked up the phone, but before I could get a word out, she shouted "NO!" and slammed down the receiver. Damn that caller ID.

Why can't I accept the fact that matchmaking is not my forte and move on? There are many, many things I'm bad at, and in those cases, I follow the policy that has stood me in such good stead over the years: Give up. But here, I never do; because the one thing I can't give up on is love. The man who's perfect isn't necessarily the one with the most money or hair, but the one who holds up a mirror to the woman he cares about–and in that mirror, she always looks fabulous.

So Jessica, do yourself a favor. Return my phone calls. This is The One. I can feel it.

LHJ.com For more tips on dating and matchmaking, visit: **www.lhj.com/dating**

BY JUDITH NEWMAN



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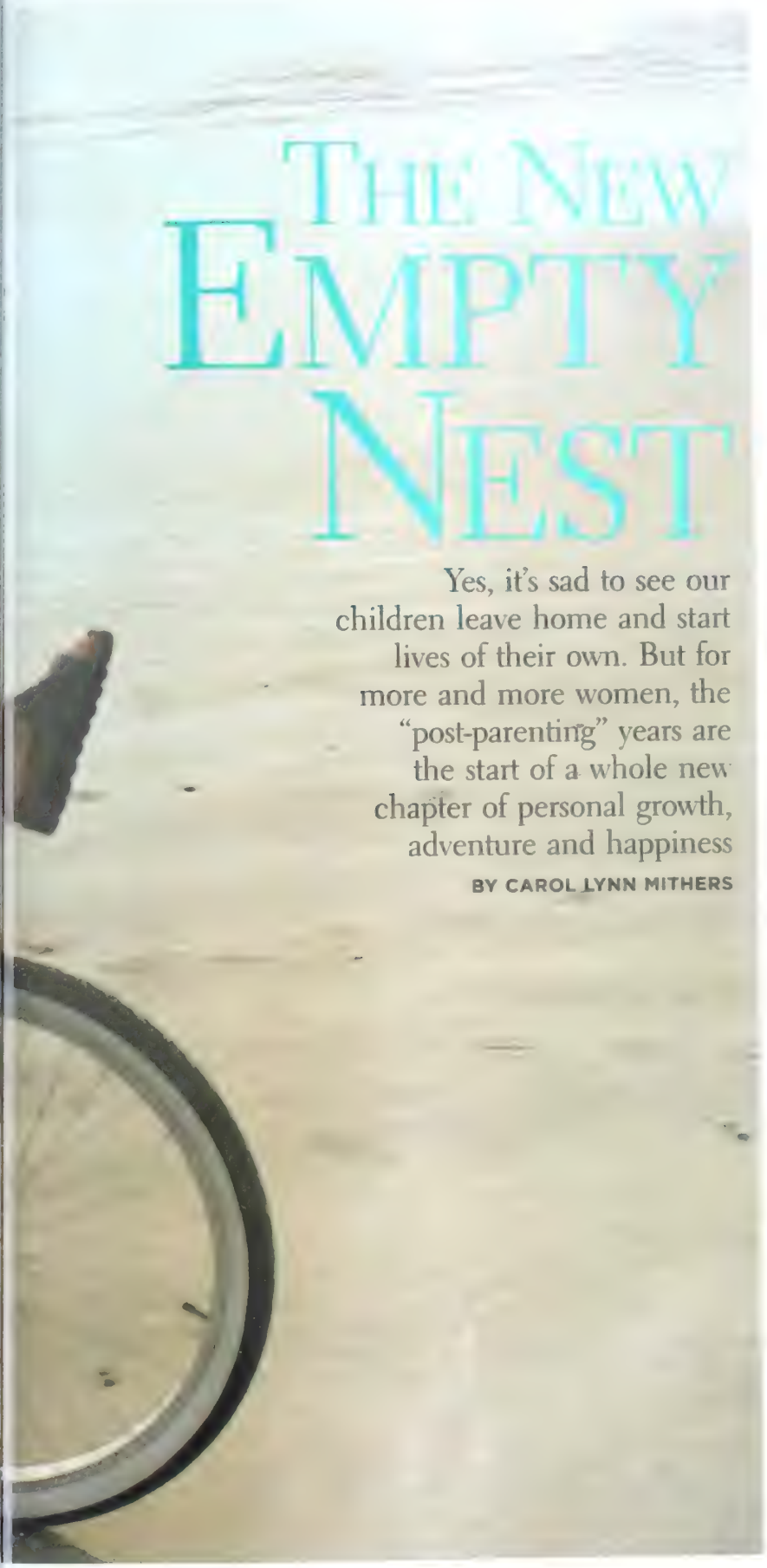
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The New Empty Nest

Yes, it's sad to see our children leave home and start lives of their own. But for more and more women, the "post-parenting" years are the start of a whole new chapter of personal growth, adventure and happiness

BY CAROL LYNN MITHERS

when she saw the writing on the wall: Her two children, 16 and 18, would soon leave for college, and almost two decades of full-time motherhood would come to an abrupt end. "I didn't know what I'd do with myself," she recalls. The idea of work tantalized, but she knew she wanted to do something that would be rewarding intellectually as well as financially. Then inspiration hit. She and her then-husband lived in Northern California and grew wine grapes as a hobby, and a nearby university offered a master's degree in food science with an emphasis in wine. By the time her kids packed their bags, says Zoller, "I'd figured out the road to take."

She got the master's and then a job at a winery, first as a minimum wage harvest worker, then as a "cellar rat," moving and filling wine barrels. "I worked really hard," she says. "At one point it was 70 hours a week. But I loved the diversity of responsibilities: harvesting, public relations, putting wine blends together and hosting tastings." Today, 20 years later, Zoller is head winemaker for Meridian Vineyards, which produces more than 1 million cases of wine a year. "It is," she says, "the job I dreamed about." Her sadness at leaving active mothering is long gone, left behind in the cellars along with the chardonnay.

Zoller is far from alone in her decision to embrace a new post-parenting life. Not long

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after her son and daughter went away to college. Cheryl Jones, 44, of Pascagoula, Mississippi, left a position as a lab technician and went back to school herself. "I'd always dreamed of getting a Ph.D. and teaching at a university," she says. Now a student in coastal sciences at the University of Southern Mississippi, she hopes that she will be a professor 10 years from now.

"Empty nest" is the term that has long been used to describe the time after children leave home, and the image it conjures is pathetic: a mama bird sitting alone, mourning the loss of her life's purpose. It's also wildly out of date. As in past generations, many of the 38 million women entering their post-parenting period today had children, spent years caring for them, and now must watch them take off—for college, marriage, a job across town. But are they suffering? Put it this way: This ain't your mama's empty nest.



Our mothers saw limits to life after kids. We see only possibilities

NEWFOUND FREEDOM

What's new about the empty nest years? Plenty. For starters, study after study is proving that this time is far more often happy and productive than traumatic. Yes, it hurts to see kids leave home. But few moms are overwhelmed by pain. A 2002 book published by the National Association of Social Workers found that more often than not, mothers of grown kids experienced a new sense of adventure, freedom, well-being and satisfaction at having successfully done their job. Research by Helen M. DeVries, Ph.D., of Wheaton College in Wheaton, Illinois (herself an empty nester), found that even stay-at-home mothers handle this time well because in most cases, they'd looked forward to, and made plans for, the day their children left home. These studies echo others that have explored the midlife years in general. For instance, a major research effort funded by the John D. and Catherine T. MacArthur Foundation, which ran for eight years and involved two dozen scholars and interviews with 15,000 people, failed to find any evidence of a pervasive "midlife crisis." Most people do "pretty darn well" during this time, researcher Ronald Kessler, professor of health care policy at Harvard Medical School, noted a few years ago. "Many of them say these are the best years of their lives."

There are a number of reasons that our experience and view of this time has changed. Certainly, fewer women than in the past make their children the center of their lives. The nearly 50 percent divorce rate and growing popularity of joint custody means many of us learn to spend days and weeks without the kids, even when they're young. A majority of mothers, especially of adolescents, work. Not only is that a distraction from post-maternal sadness for many, it changes the post-parenting years from a time of loss to one filled with opportunity to unleash latent professional ambitions and pursue long-deferred dreams.

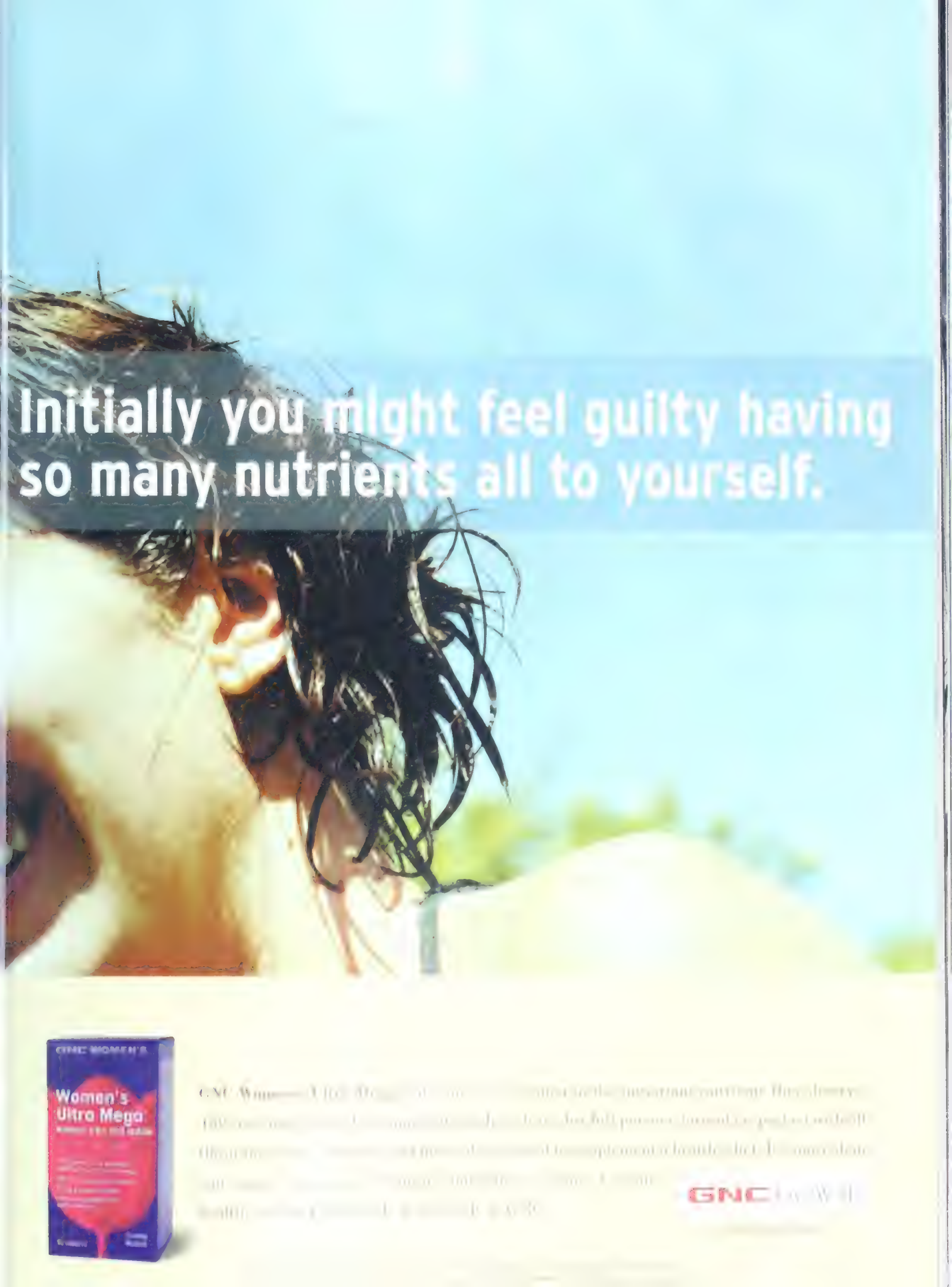
"For the first time in 18 years, I'm not conflicted about choosing between work and parenting," says a 52-year-old woman in New York City who exchanged part-time freelance work for a high-pressure position at a publishing firm when her son left for college. That translates into guilt-free longer hours—and "the freedom to get a manicure on the way home," she says.

DON'T MOURN—REDECORATE!

Another difference in the modern empty nest is that today we regard the post-mothering years as a new phase of life, rather than a brief, empty postscript. In part, that's because longer life spans and better health mean we literally have more time than our mothers and grandmothers: A woman who finishes mothering in her 40s or 50s still has several decades of active living ahead of her.

It's also because, compared with past generations, we believe there's no limit to what we can do during this time. "I don't think our mothers would have thought it appropriate to celebrate midlife by taking flying lessons," says Aline Zoldbrod, Ph.D., a Boston-based psychologist and sex therapist. Actually, flying's the least of it. Now no one's startled to hear about women like Mary E. Trimble, mother of four grown kids, who learned to deep-sea dive, went to Gambia with the Peace Corps, returned to college, then became an author, or Caroline Rabinowitz, who served as a volunteer with the Earthwatch Institute in Peru, the Bahamas and Chile.

CONTINUED


Initially you might feel guilty having so many nutrients all to yourself.
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We also feel entitled to stretch our wings. "It's not that women lose themselves when they become mothers, but it can be hard to hear your own inner voice against the noise and needs of your kids," says psychologist Helene G. Brenner, Ph.D., director of Women's Counseling and Psychological Services in Bethesda and Frederick, Maryland, and author of *I Know I'm in There Somewhere.* "With the children grown, your perspective changes. For the first time in years you can feel that it's okay to be self-oriented."

Evidence of this new self-focus is everywhere. "I've watched empty-nest women broaden their lives by taking dance classes, going to art galleries, joining political groups or forming deep relationships with other women," says Dr. Brenner. Wilderness and adventure trips geared to women have become one of the fastest growing travel markets; in Brookdale, California, Barbara Lockwood, 53, who raised two children (and cared for more than 100 foster kids) runs the Empty Nest Travel Club as her post-motherhood career. "My husband doesn't like to travel, but I wasn't going to stay home!" she says.

And in suburban homes across the country, where mothers once preserved their children's vacant rooms as virtual shrines, they now gleefully take over the space and redecorate. In 2002, the American Furniture Manufacturers Association surveyed empty-nest parents and found that a quarter planned to renovate, with the same number considering the kinds of upgrades that had been impractical when there were kids around.

After her second son left for college, Debbie Seely, 51, of Albuquerque, New Mexico, "redid the boys' bathroom. It's so nice, I use it now. We took down the posters in my older son's room, put up wallpaper and art and turned it into a guest room. That meant our former guest/computer/sewing room became just my sewing room, and I had it painted bright red. I love that room! It's beautiful, and it's mine, and with no kids around, it's always clean."

THE (RENEWED) JOY OF SEX

Another new pleasure of the empty-nest years is sexual reawakening. The old cliché pictured the post-kid marriage as dismal: a couple sitting in silence at dinner because they no longer know what to talk about. It's still true that these years can be challenging to a long-term marriage though. "Wives tend to become ambitious and expansive around the same time men are slowing down, looking toward home

and becoming more nurturing," says Claudia Arp, a marriage educator and co-author of *The Second Half of Marriage*. "The role reversal can be threatening."

But though some psychologists (and matrimonial lawyers) say that the rate of late-life divorce is going up, confirming statistics are hard to come by. And even if rates are rising, they are still very low: divorce is still relatively rare at this time of life. In one of the midlife studies funded by the MacArthur Foundation, 72 percent of respondents rated their marriages as excellent, with 90 percent saying they were not at all or not very likely to separate or divorce. Indeed, a 1990 study published in the *American Sociological Review* noted that for the first few years, the departure of children—especially teenage children—makes couples happier.

It's not hard to figure out why. With the end of chicken-finger dinners, panic over homework and blaring stereos comes the chance for peace, quiet and adult pleasures. Spontaneity returns. "It's so nice to be able to take a last-minute trip somewhere without having to make arrangements for the kids," says Seely. Husbands once again become their wives' No. 1. "My husband feels a lot more attended to, because my attention isn't pulled away by my son," adds another woman.

Then there's sex. It's easier to find the energy to enjoy sex when your head isn't bursting with to-do lists. But perhaps more important, says Dr. Zoldbrod, the empty-nest years are a close second only to the 20s for exploring one's sexuality—and, if necessary, repairing what didn't work the first time around. "If you're someone who never really enjoyed sex, you now have the resources, and more important, the time to get medical advice, read books or experiment romantically—to finally give yourself the chance to merge with your husband in a very passionate way.

"As a mother, you get so used to bestowing pieces of yourself on other people," Dr. Zoldbrod adds. "Now, when there's no one waiting to take your outstretched arms, you turn back around and look at yourself."

Are you ready for your empty nest? Find out by taking our quiz.
www.lhj.com/emptynest



Don't Tell a Soul, But...

Sometimes repeating a confidence can burn you badly, but other times—surprisingly!—it helps build bonds. Here's how to tell the difference **BY COLLEEN RUSH**

"My sister and her husband are losing their house," I recently told Laura, an old family friend. The words came tumbling out of my mouth as soon as she asked about my family, and I didn't think twice about telling her. Her eyes got as big as saucers, brimming with sympathy. "I had no idea," she said. Hours later, recalling the conversation, I felt the queasiness that always accompanies the realization that maybe I should've kept my big mouth shut.

Why didn't I? I wish I could say it was to help my sister and her family find a solution to their problem—but the truth is, talking about her dilemma had more to do with me than her. Confiding in friends is one way to connect with people. "Disclosure is a vital part of bonding," says psychologist Karen Prager, Ph.D., a professor of psychology at the University of Texas at Dallas. "Talking about ourselves and others is a way to feel better and draw closer."

Plus, because you often trust and value the opinions of the people you confide in, sharing secrets can be therapeutic, almost like talking to a psychologist—without the hourly rate. You can get advice, sympathy and support, and sometimes just hearing yourself talk about personal, sensitive issues gives you better perspective. In fact, studies show that people who confide in others live longer, healthier, happier lives.

For me, actually saying the words, "they lost their house," made my sister's situation somehow less scary. Before I put it into words, I was haunted by images of my sister, her husband and my nephews moving into a dank, depressing apartment. Once the big secret CONTINUED





was out, though, I could even hear myself putting a more positive spin on their situation. "Maybe it won't be so bad," I told my friend. "It could be a fresh start for her." The image of their new place suddenly seemed a little brighter and cheerier. And Laura responded exactly the way I needed her to, with compassion, offers of help and an "if anyone can get through this, your sister can" pep talk.

So if telling secrets can be such a cathartic, healthy thing to do, why do you so often feel that immediate sense of panic after you let a secret slip?

It's because no matter how altruistic your motives, you know that divulging someone else's secrets puts that information in jeopardy of being spread even further—and that makes you feel guilty, says Sandra Metts, Ph.D., a professor of communication at Illinois State University in Normal, Illinois. You can't ignore the fact that your loose lips could potentially put the person you're spilling about in a compromising position. "Betraying a friend's confidence will usually evoke fear and anxiety because you know it violates the bond that holds you together," says Dr. Metts.

If telling secrets can be such a cathartic, healthy thing to do, why do you feel that immediate sense of panic?

Still, despite your own awareness of the risk you take, sometimes your lips are moving before you have the opportunity to gauge the impact of what you are saying. Everybody loves to hear a juicy story, whether it's about you or someone else, and dishing it puts you in the limelight. "Telling a secret momentarily makes you the center of attention," says Dr. Prager. "You're telling a riveting story. You know something that others don't, and being listened to makes you feel important."

This is especially true for those good-news secrets you sometimes "accidentally" let slip, like the fact that a good friend is pregnant, about to elope or soon to be promoted. By spreading happy news, you get to take a short ride on cloud nine yourself. But the danger is that the desire to hold the spotlight can spur you on to spill more touchy information than you ever intended, like Trisha*, a museum curator, who got into a "who hates her job more" debate with a co-worker and wound up revealing that she was interviewing for a position at another company.

"I blew my own cover while trying to top my co-worker's griping," she says. "For a minute, I felt like, Ha! I'm quitting! *That's* how much *I* hate it here. Now I just feel like an idiot for telling her something that I really should have kept to myself."

The temptation to one-up someone with a secret of your own is often too hard to resist, says Dr. Metts. That's because divulging private information is a way to show people you trust them, and your natural inclination is to want to show your friends that they have your full confidence, says Dr. Metts. But as Trisha learned, this can leave you with your foot in your mouth.

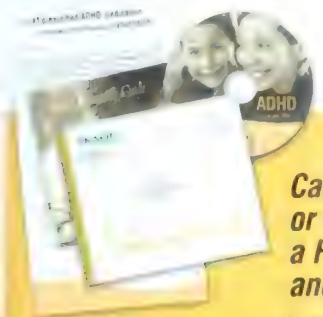
Similarly when a neighbor told Rhea*, a social worker, about sexual difficulties her spouse was experiencing. Rhea responded by divulging that her own husband was taking Viagra. "The second I said CONTINUED



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INFORMATION FOR PATIENTS TAKING CONCERTA® OR THEIR PARENTS OR CAREGIVERS

CONCERTA®
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Extended-release Tablets

This information is for patients taking CONCERTA® Extended-release Tablets CII for the treatment of Attention Deficit Hyperactivity Disorder, or ther

Please read this before you start taking CONCERTA®. Remember, this information does not take the place of your doctor's instructions. If you have any questions about this medicine, ask your doctor or pharmacist.

What is CONCERTA®?

CONCERTA® is a once-a-day treatment for Attention Deficit Hyperactivity Disorder, or ADHD. CONCERTA® contains the drug methylphenidate, a central nervous system stimulant that has been used to treat ADHD for more than 30 years. CONCERTA® is taken by mouth, once each day in the morning.

What is Attention Deficit Hyperactivity Disorder?

ADHD has three main types of symptoms: inattention, hyperactivity, and impulsiveness. Symptoms of inattention include not paying attention, making careless mistakes, not listening, not finishing tasks, not following directions, and being easily distracted. Symptoms of hyperactivity and impulsiveness include fidgeting, talking excessively, running around at inappropriate times, and interrupting others. Some patients have more symptoms of hyperactivity and impulsiveness while others have more symptoms of inattentiveness. Some patients have all three types of symptoms.

Many people have symptoms like these from time to time, but patients with ADHD have these symptoms more than others their age. Symptoms must be present for at least 6 months to be certain of the diagnosis.

How does CONCERTA® work?

Part of the CONCERTA® tablet dissolves right after you swallow it in the morning, giving you an initial dose of methylphenidate. The remaining drug is slowly released during the day to continue to help lessen the symptoms of ADHD. Methylphenidate, the active ingredient in CONCERTA®, helps increase attention and decrease impulsiveness and hyperactivity in patients with ADHD.

Who should NOT take CONCERTA®?

You should NOT take CONCERTA® if:

- You have significant anxiety, tension, or agitation since CONCERTA® may make these conditions worse.
- You are allergic to methylphenidate or any of the other ingredients in CONCERTA®.
- You have glaucoma, an eye disease.
- You have tics or Tourette's syndrome, or a family history of Tourette's syndrome.

Talk to your doctor if you believe any of these conditions apply to you.

How should I take CONCERTA®?

Do not chew, crush, or divide the tablets. Swallow CONCERTA® tablets whole with the help of water or other liquids, such as milk or juice.

Take CONCERTA® once each day in the morning.

You may take CONCERTA® before or after you eat.

Take the dose prescribed by your doctor. Your doctor may adjust the amount of drug you take until it is right for you. From time to time, your doctor may interrupt your treatment to check your symptoms while you are not taking the drug.

What are the possible side effects of CONCERTA®?

In the clinical studies with patients using CONCERTA®, the most common side effects were headache, stomach pain, sleeplessness and decreased appetite. Other side effects seen with methylphenidate, the active ingredient in CONCERTA®, include nausea, vomiting, dizziness, nervousness, tics, allergic reactions, increased blood pressure and psychosis (abnormal thinking or hallucinations).

doctor about other side effects. If you develop any side effect, talk to your doctor.

What must I discuss with my doctor before taking CONCERTA®?

Talk to your doctor ***before*** taking CON

- Are being treated for depression or have symptoms of depression such as feelings of sadness, worthlessness and hopel

motion tics (hard-to-control, repeated twitching of any parts of your body) or verbal tics (hard-to-control repeating of

someone in your family with motion tics, verbal tics, or Tourette's syndrome.

- Have abnormal thoughts or visions, hear abnormal sounds, or have been diagnosed with psychosis.
- Have had seizures (convulsions, epilepsy) or abnormal EEGs (electroencephalograms).
- Have high blood pressure.
- Have a narrowing or blockage of your gastrointestinal tract (your esophagus, stomach, or small or large intestine).

Tell your doctor ***immediately*** if you develop any of the above conditions or symptoms while taking CONCERTA®.

Can I take CONCERTA® with other medicines?

Tell your doctor about ***all*** medicines that you are taking. Your doctor should decide whether you can take CONCERTA® with other medicines. These include:

Other medicines that a doctor has prescribed

Medicines that you buy yourself without a prescription

Any herbal remedies that you may be taking

You should not take CONCERTA® with monoamine oxidase (MAO) inhibitors.

While on CONCERTA®, do not start taking a new medicine or herbal remedy before checking with your doctor.

CONCERTA® may change the way your body reacts to certain medicines. These include medicines used to treat depression, prevent seizures, or prevent blood clots (commonly called "blood thinners"). Your doctor may need to change your dose of these medicines if you are taking them with CONCERTA®.

Other Important Safety Information

Abuse of methylphenidate can lead to dependence.

Tell your doctor if you have ever abused or been dependent on alcohol or drugs, or if you are now abusing or dependent on alcohol or drugs.

Before taking CONCERTA®, tell your doctor if you are pregnant or plan on becoming pregnant. If you take methylphenidate, it may be in your breast milk. Tell your doctor if you are nursing a baby.

Tell your doctor if you have blurred vision when taking CONCERTA®.

Slower growth (weight gain and/or height) has been reported with long-term use of methylphenidate in children. Your doctor will be carefully watching your height and weight. If you are not growing or gaining weight as your doctor expects, your doctor may stop your CONCERTA® treatment. Call your doctor ***immediately*** if you take more than the amount of CONCERTA® prescribed by your doctor.

What else should I know about CONCERTA®?

CONCERTA® has not been studied in children under 6 years of age.

The CONCERTA® tablet does not dissolve completely after all the drug has been released, and you may sometimes notice it in your stool. This is normal.

CONCERTA® may be a part of your overall treatment for ADHD. Your doctor may also recommend that you have counseling or other therapy.

As with all medicines, never share CONCERTA® with anyone else and take only the number of CONCERTA® tablets prescribed by your doctor.

CONCERTA® should be stored in a safe place at room temperature (between 59°-86° F). Do not store this medicine in hot, damp, or humid places.

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McNeil

it, I knew I'd gone too far," she recalls. "I was trying to be compassionate by commiserating with her, but I ended up betraying my husband in the process."

And then there are the times when your lip-slip lets loose a nagging issue that's been weighing heavily on your mind—a big fallout with your husband, a health concern or a problem at school with your child—and you just need to purge. Instead of waiting to hash it out with a close, trusted friend, you go for instant gratification and dump your secret onto the first unsuspecting acquaintance who happens to ask "How are you?"

Without meaning to, you've exposed yourself (or worse, someone else) to unwanted attention and unsolicited advice. If, weeks later, the acquaintance asks about that fight with your husband—long after you've put it out of your mind—your insides may shrivel as you think about how much you revealed. Because once the secret is out, you no longer have any control over the information.

Even if you say, "don't tell a soul," chances are good that the secret will be repeated to at *least* one other person. "Before I could stop myself, I told my sister-in-law that I was undergoing fertility treatments," says Susan*, a teacher. "I wanted to eat those words as soon as they came out, because I knew she'd tell her husband, and the whole family would be whispering about us."

Exposing a secret to someone in your circle of friends can also be a way of protecting the person you're talking about.

When Katrina*, a stay-at-home mom, learned that a mother in her carpool group had miscarried—even though the mother asked her to keep the news under wraps—she told the secret to several people. "I felt guilty, but I also thought I was doing her a favor," she recalls. "When I had miscarried, I wanted people to know, but I didn't want to be the one to tell them. I did it to spare her the agony, so people would be supportive and sensitive without her having to relive it by telling the story over and over."

So how do you curb the urge to say too much? One way is to confide

Even if you swear someone to secrecy, chances are the confidence will be repeated to at least one other person

in someone with no connection to anyone in your social network, such as the chatty woman who often sits next to you on the tram, or even a classic—your hairstylist. You can safely choose anyone who won't be able to start a game of telephone that ultimately leads back to you.

"Sometimes telling too much to a friend with whom you have other friends in common is what leads to the sinking feelings of betrayal and regret," says Dr. Metts, "because it only increases the risk of the story getting around."

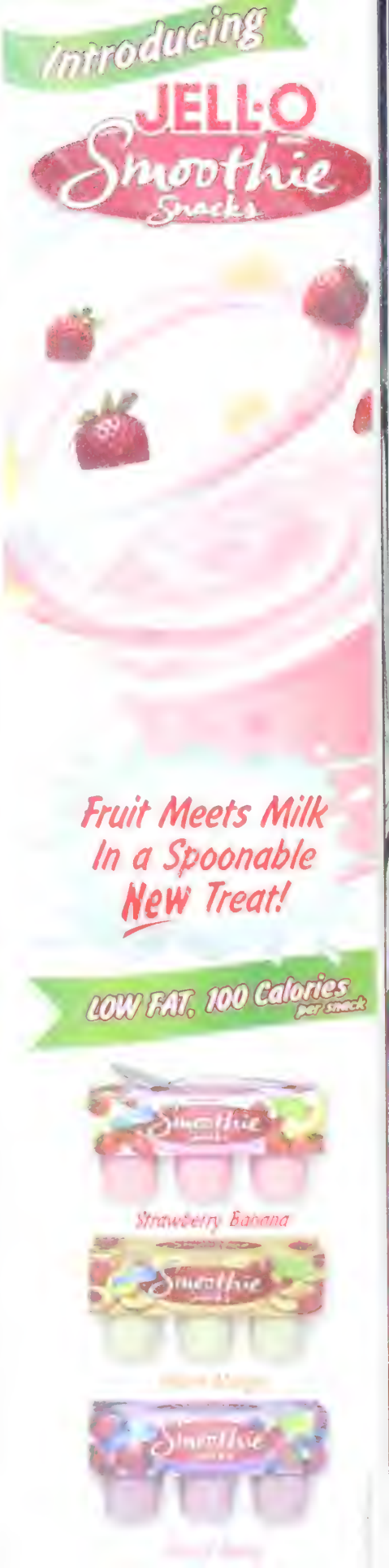
If you're looking for a perfectly inscrutable confidant, try a pen and paper. "Keeping a journal meets that need to vent," says Dr. Metts. Rather than carrying around that jumble of thoughts and emotional reactions in your head—which is when a secret is most likely to spill out—"writing it down lets you organize it, which then helps you get better control over it," she says.

If revealing too much information repeatedly gets you into more trouble than it's worth, try steering your conversations toward less personal topics. "You don't always have to disclose your secrets or problems to achieve intimacy with a friend," says Dr. Prager. "Talking about politics, movies, books—any topic where you would reveal your values or opinions—can forge the same kind of bond without risking over disclosure."

When you do slip up (eventually, everyone does), you have to immediately do damage control: Merely obsessing about the repercussions or trying to camouflage the fact that you're the one who blabbed only make the usual flub feel that much more . . . dirty.

Me? I'm more of a spill-and-confess-type. After my crummy mouth incident involving my sister, I felt so bad I called to tell her what I had done. Coming clean was painful and more than just a little bit embarrassing. Fortunately, my sister didn't dismiss me [illegible] tell me I should keep my mouth shut from now on.

I told her that since it comes to [illegible] being perfectly zipped lips might be too tall an order. I asked if instead she would accept my apology and [illegible] keep my mouth closed 90 percent of the time. Hey, I'm [illegible] 10 minutes.



NEW

Starting this month, we extend *Ladies' Home Journal*'s popular "Can This Marriage Be Saved?" series into the world of friendship, in recognition of how important friendships are to us and how complicated they can be.



"Our Kids Are Coming Between Us"

BY MARGERY D. ROSEN

Debbie, 44, high school teacher, New York City: Ronnie and I met when her daughter, Ashley, and my daughter, Jessica, were in the same kindergarten class. Now the girls are 11. Over the years our friendship developed into something separate from our daughters'. We talked easily about everything and shared a love of art and decorating as well as a similar sensibility about the world.

The trouble started when Ronnie told me Ashley had heard that Jessica had come to a party where there was drinking—and the police were called. I told her that Jessica had told me she wasn't at the party and that I believed her. She was hurt by [illegible] and we watched *Law & Order* together. But Ronnie didn't seem to believe me. We dropped it, but the rest of the afternoon my insides were in knots.

Then a few weeks later I learned that Ronnie was throwing a party for Ashley—and that Jessica wasn't invited, although all her friends were. Two other girls in the group had also been left out. Both of them had also been invited to the rowdy party. And even though Jessica and Ashley were not [illegible] they'd been [illegible] for years. But how could I say my piece? How could I tell Ronnie for months [illegible] party and I'm [illegible] of [illegible] and I'm [illegible] I could to [illegible]

Then a counselor responds: The [illegible] and through [illegible] might be [illegible]

[illegible] 2006

messed the milestones in their children's lives. As the children grow up and go off to college, such friendships can also provide continuity, even if the children are no longer close. But the kids who bring you together can also pull you apart. When your 4-year-old starts to read and your friend's child doesn't, or your social 11-year-old gets invited to the "cool" parties and the other teen's phone doesn't ring, competition, jealousy and misunderstanding can result, straining a friendship. But it doesn't have to end it.

In this case, Debbie has to remind herself that Ronnie has long been a good friend with whom she could speak honestly, and vice versa. Most likely, Ronnie's comments were well intentioned and she didn't mean to disparage Debbie's parenting skills. And Debbie shouldn't assume that Jessica's exclusion from Ashley's party was a snub related to the first incident. But Debbie needs to tell Ronnie—preferably face to face—how the comments hurt her. She should call and ask Ronnie out for coffee or lunch. The hope would be that they'll remember their former good feelings and speak compassionately to each other. Debbie should be patient—it may take a while to regain each other's trust and their prior intimacy.

"This also might be a time to establish new ground rules about the kids, such as agreeing if they each want the other to repeat information they hear about the girls, or if it's better to adopt a strict 'off limits' policy. Whatever their decision, it's important that the women discuss what works, for them and their children." ❖

The story text here is true although the names and other details have been changed to conceal identities. The counselor, Jan Yager, PhD, is a sociologist and friendship expert in Stamford, Connecticut, and author of [illegible]

Do you have a problem that you need help solving? Write to us at "Friendship," Ladies' Home Journal, 125 Park Ave., 25th Floor, New York, NY 10017, or e-mail us at [illegible]. Our friendship expert will address your problem, and we'll print the best ones.

LHJ.com

How good a friend are you? Take our quiz.
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PATRICIA'S PICK

Head-Turning Hair

It was almost 15 years ago that my eyes landed on John Frieda's Frizz-Ease Hair Serum, the first affordably priced silicone serum that helped me control my tight curls. I had a similar "aha!" reaction upon seeing Frieda's latest: Brilliant Brunette, a hair-care line formulated to bring serious shine back to brown hair like mine, which tends to absorb light instead of reflecting it. Unlike most color-enhancing products, Frieda's offerings, which sell for $5.50 to $6.50, also cleanse and nourish the hair. Lighter brunets can choose from the Amber to Maple color family, while richer hues can go for Chestnut to Espresso formulas. The styling products are for all tones and include Shine Shock, a leave-in gloss that left me with brilliantly shiny hair. Take it from me, John Frieda will never steer you wrong. —Patricia Reynoso, Beauty Director



TREND WATCH

Curl Your Lashes in the Blink of an Eye

Has there ever been a simpler or more brilliant makeup innovation than lash-curling mascara? After all, who wouldn't opt to skip using a lash curler, which can also break delicate lashes? The secret behind today's best curling mascaras lies in the brushes. Lancôme Hypnôse Doll Eyes Extension Curving Mascara ($20) curls 30 degrees, the highest curl available, thanks to its patented





Beauty Breakthrough

Flattering Foundations

It wasn't too long ago that one-tone-fits-all foundations. Today's foundations, reformulated to be the best possible match for your skin tone. Consider Max Factor's new Colour foundation ($10.95), which blends traditional pigments (necessary for covering imperfections) with tiny color particles that adjust to your skin's many color variations. Others to try: Cover Girl TruBlend Makeup ($8.50), which boasts a similar technology, and Clarins' True Radiance Foundation ($35), featuring skin-illuminating ingredients, including gold pigments that are designed to reflect light more beautifully than other pigments.

LIPSTICK THAT LASTS, AND LASTS











There's more to luscious lips than color. Here, new products for a pampered pucker

Keeping your lipstick in place can sometimes seem harder to figure out than your car's CD player. What to do? We've come up with three simple—but essential—steps to seal in color and moisture for hours.

STEP 1: First, carefully exfoliate your lips, as a flake-free surface is crucial for lipstick that lasts. Gently run a toothbrush over your lips to eliminate flaky patches. We also love lip scrubs, which gingerly smooth away dead skin while conditioning lips. Try Black Up Lip Care Kit (1), with beeswax for [illegible]ing, $18, or Alchemy Medic Lip Scrub (3), in a convenient tube and with a cinnamon scent, $14.

STEP 2: Color bleeding outside the lip line—a common problem—is exacerbated when you've got fine lines above your lips. Prevent sliding by tracing the outer edge of your lips with anti-feathering waxes, which are invisible and provide a barrier for color. The Benefit De-groovie compact (4) comes with mini tweezers to catch stray hairs from the upper lip and two brushes for applying and blending, $28.

STEP 3: Long-wear lipstick formulas have never been better; unlike their predecessors, today's long-lasting formulas aren't drying and come in a range of wearable colors. The new Max Factor Lipfinity EverLites (5 and 6) and Clinique Stay the Day Lip Colour (2) promise to keep lipstick in place for up to 10 hours—two hours beyond the usual standard, $16.50. Chock full of conditioners, EverLites, $9.40, come in an astounding 21 shades and use a fluid polymer matrix to create lightweight color that moves with your lips. Stay the Day, $16.50, meanwhile, has a transfer-resistant, silicone-based color on one end, and a brilliant moisturizing gloss on the other—easy and convenient for touch-ups wherever you are.


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Lessons From Lauren

With her new line of makeup, supermodel Lauren Hutton shows one lucky *Ladies' Home Journal* reader how to get an updated beauty look, in a snap



When model and actress Lauren Hutton began modeling again at age 46, she found that the makeup that once worked so well years before was now making her look older than she really was, even when applied by the best makeup artists. "The colors were too saturated, the textures too heavy and the finish too sparkly," says Hutton. "It highlighted my wrinkles, rather than hiding them."

Since other women gripe about their makeup, too, she created Good Stuff, a line of cosmetics in muted shades designed to enhance 40-ish skin and conceal imperfections at the same time.

Hutton offered to use her techniques to make over 46-year-old Joy Lewkowski, a *Ladies' Home Journal* reader and mother of two from Northfield, New Jersey, whose simple daily beauty routine consisted of moisturizing her face and curling her lashes. Here are the application secrets Hutton shared. "I still look like me, but a better me," says Lewkowski.



MINIMIZE PUFFY EYES. To reduce the appearance of the fatty deposits that form above the inner corners of your eyes, dab powder shadow two shades darker than your skin on top of them. Try: Bobbi Brown Eye Shadow in Wheat ($18) or Jane Eyezing shadow in Rock Star ($3.49).



LENGTHEN YOUR BROWS. "As you age, brows become thinner and shorter. It's just as important to apply color to the ends of your brows as it is to fill in sparse areas," says Hutton. Try: Chanel Sculpting Brow Pencil ($26.50) or Ramy Miracle Brow ($24), a mirrored compact with two powder shades and a brush applicator.

PASS ON THE PANCAKE. Instead of a heavy foundation, use concealer, such as Maybelline Smooth Results ($6.51), to cover spots, and sheer foundation, like Physician's Formula Pearls of Perfection Multi-Colored Face Tint ($12.95), on ruddy under-eye areas and laugh lines. (See page 79 for our story on other new foundations.)

HAVE LIGHT HIT YOUR FACE EVENLY to decrease shadows. "Face your mirror toward a window so it's centered," says Hutton.

USE OIL-BLOTTING PAPERS to "powder" your nose. Not only do they stop slickness before and after applying makeup, but the paper's portable size can't be beat. Try: Lauren Hutton's Good Stuff Suck Ups ($10) available at *www.laurenhutton.com*.

CREATE A NATURAL-LOOKING LIP TINT. Apply balm, like Smith's Rosebud Salve ($6), to your lips, then pat the same powder blush that you've used on your face over the balm. "There's no chance of this 'lipstick' feathering," says Hutton.

BY JESSICA SASLOW


Puffs with nutrients. Cleanses left cells. Try Dove Nutri
Essential Nutrients. Pillows
Dove

WANTED: SILKY SMOOTH SKIN

It can be yours, with these amazing, over-the-counter skin-care products



In this age of high-tech anti-wrinkle creams that promise the world, it's easy to overlook basic skin concerns. Dermatologists report that the majority of complaints are still red, irritated skin, acne and age spots. Here, solutions that really work, without a prescription:

An estimated 14 million people suffer from rosacea, a form of irritated skin that includes bumps and redness on the cheeks. Extreme temperature changes, stress and even eating spicy foods Use only gentle products that don't contain potentially harsh acids. Clinique Cx Redness Relief Cream ($75) soothes stinging; B. Kamins Chemist Booster Blue Rosacea Treatment ($62) conceals redness; Joey New York Calm and Correct Gentle Soothing Moisturizer ($40) with horse chestnut is a healing botanical.

Acne "Oil glands can increase oil production well past dermatologist Sobel, M.D., co-founder of line. Other triggers include extreme hormonal changes and stress. Look for the power duo of and Benzoyl peroxide. Adult formulas are gentle on dry skin. Diane Young Years Younger Blemish Serum ($32.50) has salicylic acid; Pond's Deep Pore Foaming Cleanser ($5.99) thoroughly cleans the skin; DDF Benzoyl Peroxide Gel 5% with Tea Tree Oil ($19) also heals.

? Splotchy skin, age spots and freckles This hyperpigmentation is set off by sun exposure and extreme hormone shifts. Apply sunscreen daily and look for products with hydroquinone, the only ingredient approved by the FDA for lightening. Prescriptives Px Custom Concentrates Skin Tone Correcting Serum ($50); Issimo Relax! AM Antioxidant Protective Lightening Serum ($39); Therapy Systems Clinical Solutions Advanced Skin Lightener ($55)





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Ahhh... Your At-home Spa

Gather your girlfriends and temporarily turn your home into the ultimate spa, no reservations required

Life doesn't get much better than when you kick off your shoes, hit the "hold" button on your hectic schedule, and relax with your closest friends. (That's after husband and kids have been sent on an outing without you!) Want to make the most of this time? Treat yourself to an afternoon of at-home spa indulgence. It's easier than you think. All it takes is a bit of preparation. Stock up on the elements that even the most luxurious spas rely on, and you'll quickly see that their secrets can be yours, too.

So . . . let the spa party begin! Here, we show you how.



PHOTOGRAPHS BY AUGUSTUS BUTERA
PRODUCED BY CARLA ENGLER
TEXT BY PATRICIA REYNOSO

WHAT'S ON THE (SPA) MENU? Every spa needs a menu—an array of sigh-inducing treatments—and your at-home version is no exception. While full-body treatments do require a pro's touch, you still have plenty of options, including: **Fabulous Facial Masks:** Few things say spa quite like facial masks. Choose from one of our homemade recipes or treat yourself and your guests to a store-bought clay mask (to purify oily skin) or a cream mask (to moisturize dry complexions). Some to try: Origins You're Getting Warmer purifying clay mask ($18.50) and Phytomer Hydrating Facial Mask ($23.95) **Hand and Feet Treats:** Take turns pampering each other's hands and feet with scrubs and soaks. Good to try: the all-you-need Lucky Chick Tingling Tootsies Beauty Bag ($30) with a eucalyptus foot soak and peppermint products, including foot mist, scrub and foot-and-leg lotion. **Eye Candy:** It sounds so simple, yet the act of just closing your eyes can help recharge your batteries. Have a friend massage your temples with a lavender essential oil, such as those listed on the next page, and enhance the effect with an eye mask. Try the tissue-thin Talika Eye Decompress ($25 for 9 masks), which you first dip into a solution of cooling cornflower and rose petal extracts. Another option: gel pads, which can be warmed up in hot water or cooled in the fridge. Pictured here: Oscar + Dehn Cooling Eye Mask ($12), at left, and Origins Fun and Fruity Eye Lids ($6), at right. *Sigh*.



HOW TO PREP FOR YOUR PRETTY PARTY

Your girlfriends are due to arrive, but before they do, take 30 minutes to assemble your spa-at-home essentials, including:

Candlelight: A candle's soft glow is instantly soothing, and candles are the easiest-to-find ingredient of your spa kit. Great to try: Aveda Lavandou Plant Pure-Fume Aroma candle ($16) and Indigo Wild Almond Soy candle ($15)

Towels: Place an inviting stack of soft towels within easy reach of your guests. They'll need them to pat their faces dry after a good cleansing.

Aromatherapy Oils: Oils are the key to ultimate relaxation, and their therapeutic benefits go back thousands of years. Dilute a few drops in water, pour into a mist bottle and spray the room. We recommend these three scents:

- **Lavender:** A potent relaxer, lavender is tops at easing headaches. Try: Neal's Yard Lavender Essential Oil ($20)
- **Rosemary:** Uplifting rosemary will give your party just the pep that it needs. Try: Elemis Rosemary Essential Oil ($30)
- **Eucalyptus:** Refreshing eucalyptus makes a great decongestant. Try: Bath and Body Works Eucalyptus Spearmint Essential Oil ($18)

Mood Tunes: Music can transform your everyday surroundings into a sanctuary. Slip an inspirational CD, like *Across an Ocean of Dreams* by 2002 ($14.99), into the sound system before your first guests trickle in.

Tools and Trinkets: Nail-grooming sets and neck pillows are fun take-aways. Your friends will love Ms. Manicure Marvelous Minis ($2.99), filled with nail-grooming essentials, or splurge on Dreamtime Foot Cozies ($54.99), plush aromatherapy socks.

Culinary Delights: The kitchen, always a magnet for get-togethers, will play a central role in this gathering, too. Stock up on fresh fruits such as papaya and bananas, both for delicious smoothies and do-it-yourself skin treatments. Green tea is a great hot drink, or dunk the bags in cool water and plop them right on your eyes—the natural antioxidants will instantly reduce puffiness and relax you.

CURES FROM THE KITCHEN

Did you know that you can create your own mask? Even spas like Salon and Spa Blue in Carle Place, New York, whip up homemade recipes for their clients. "We get inspiration from our clients, and from our interest in natural ingredients," says spa director Lisa Abbey. Here are some masks you can make from scratch:

GLOW-INDUCING POTION

Salon and Spa Blue's Papaya Pineapple Perfection Mask

¾ cup fresh mashed papaya
1 teaspoon pineapple juice
1 teaspoon wheat germ

Combine all ingredients in a bowl. Pat mask onto face and neck. If you feel tingling, it's okay; it means the fruit enzymes are sloughing dull skin. Rinse off after 15 minutes.

PEPPY FEET TONIC

Bliss Spa Exfoliating Mask

2 cups mashed pineapple
2 cups mashed papaya
2 cups warm milk

Combine all ingredients in a big bowl. Soak feet (or hands) for 20 minutes. Rinse and moisturize with a cream, such as The Healing Garden's Lavender Whipped Soufflé Body Crème ($6.75).



MIX-IT-UP STORE-BOUGHT FACIAL MASKS

- In a bowl, mix Asiana powdered facial masks with a few drops of water and voilà, a fresh mask! Try the White Thai Mud version ($32), which tightens pores and brightens skin.
- Kitchen staples—such as honey, carrot or banana—transform the Andrea Face Mix Powder Mask ($2 for three applications) into different masks for various skin types.



FUN FIXES FOR FEET

The ancient practice of foot reflexology, in which certain points of the foot are pressed to deliver specific benefits, has made its way to your home via beyond-adorable reflexology socks. "Diagram-lined socks are a great way to practice this healing art at home," says John Kang, president of Earth Therapeutics in Plainview, New York, which makes a complete line of pampering essentials. The reputed benefits of reflexology include increased circulation, relaxation and tension relief. Feel free to practice on yourself, of course, but don't shy away from grabbing your buddy's feet and trying it on her, too.

Socks to try: Earth Therapeutics Reflexology Socks ($9.99) and True Blue Spa Sole Searching Reflexology Socks ($12), pictured here

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2



3

1 If you'd like to try a more body-hugging top, but feel uneasy, look for subtle yet sophisticated neutral colors and pretty details, such as this ribbon trim, which draws the eye away from your figure's imperfections. Sweater, Emme Collection, $89. Coat, Benetton, $228. Bag, Jones New York. Earrings, Robin Woodard. Cuff, Wendy Mink at Yvette Fry. **2** An outfit that's monochromatic offers a more streamlined effect for a tall and confident look. A lively geometric shirt in an unconventional color makes this classic suit stand out among the expected black and navy. Shirt, Liz Claiborne Woman, $65. Jacket, $210, pants, $129, both Lauren Ralph Lauren. Scarf, Susan Daniels at Yvette Fry. **3** Vertical stripes are the surest way to a slimmer appearance, like these on this pair of blue and beige cotton pants. They create a casual, laid-back style, especially with a matching sweater and neutral jacket. Shirt, $64, jacket, $75, both Liz Claiborne Woman. Sweater, Jones New York, $89. Pants, Lane Bryant, $39.50. Bag, Lambertson Truex. Necklace, Wendy Mink at Yvette Fry.

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"Krusty Burger"

"742 Evergreen Terrace" measures approx. 7" high and includes FREE Homer Simpson figurine

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Make your Christmas merrier with *The Simpsons Christmas Village*.
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What's in store for spring? Floaty chiffon, flirty ruffles, and lacy details in some of the prettiest silhouettes imaginable, all designed to let you indulge your softer side

Isn't It Romantic?

Capture a special moment together while you look and feel your best in this linen topper coat. Its delicate, embroidered floral motif is both sweet and casual, especially when paired with jeans. If full-on feminine is what you're after, a charming sheath dress or skirt underneath does the trick. On her: Coat, Tibi, $385. Jeans, Guess? $108. Earrings, Jenny B. Good at Notanonymous. On him: A hit of color underneath a neutral outfit is a smart style option, even for him. Sweater, Tommy Hilfiger, $79.50. Jacket, Gant, $139. Pants, Old Navy, $29.50

PHOTOGRAPHS BY WILLIAM GARRETT
PRODUCED BY CARLA ENGLER



Simplicity can be very sexy. Share your downtime in this tailored, pink velvet-edged jacket and lacy macramé shell finished off with jeans. And instead of the high-heel pointy toe shoes you've worn for seasons, try sleek ballet flats that are just as chic and translate into cool comfort. On her: Top, Plenty, $115. Jacket, Cynthia Rowley, $360. Jeans, Lee Authentics, $88. Shoes, Delman. Hat, Chan Luu. Bag, Leslie Hsu. On him: Shirt, $89.50, jeans, $119, both Gant. Jacket, Calvin Klein Collection. Watch, Esq.



Freshness and vitality rule the day in this vibrant citronade-yellow sweater set with satin piping, and soft tri-colored chiffon skirt. It's perfectly appropriate for a stroll in the park, dinner out, or a playful pillow fight. Camisole, $70, cardigan, $96, both New Frontier. Skirt, Cynthia Rowley, $220. On him: T-shirt, Calvin Klein Underwear, $15. Pants, Old Navy, $29.50

BEAUTY BONUS: Dove Foam Conditioner ($3.69) will leave hair soft and bouncy.



Whether heading to a museum or a café lunch, you'll complement him beautifully in a girlish embroidered skirt and three-quarter sleeve tailored jacket in a very springy purple. On her: Lacy camisole, $99, satin-edged jacket, $195, embroidered skirt, $148, all Plenty. Earrings, Cousin Claudine. Bag, Citrus at Notanonymous. On him: Create a refined yet relaxed look when you pair jeans with a navy pinstripe jacket. Shirt, Lacoste, $95. T-shirt, Calvin Klein Underwear, $15. Jacket, H&M, $249 (sold as suit). Jeans, Guess? $68



Even when you're snuggling at home, romantic touches say plenty, like this ruffled hem striped camisole and white skirt, both in comfortable linen. On her: Top, $39, skirt, $49, both Ann Taylor Loft. Shoes, BCBGirls. On him: This cotton shirt has a natural wrinkle built in for worry-free style. Shirt, cK Calvin Klein Jeans, $59. Jeans, Guess? $68

BEAUTY BONUS: Keep legs silky smooth with Jergens Intense Moisture Therapy ($5.99).



Nothing says, "kiss me" more than this large-scale floral print sateen coat over a lacy dress. How can he resist? On her: Dress, $248, coat, $228, shoes, all Banana Republic. On him: A trim zip-front leather jacket and classic chinos are perfect for a laid-back setting. Swap the sweater and leather jacket for a button-down shirt and blazer, and he's ready for a night on the town with you. Jacket, $325, pants, $49.50, both Banana Republic

Being Diane Sawyer

What does it feel like to be one of the highest-paid, most successful women on TV? The off-screen Sawyer cops to being a frightening cook, a not-so-secret slob and a sucker for anyone who can make her laugh

I am 15 minutes late to meet Diane Sawyer. Panicked in the cab on the way over to her office at ABC News, I do the math. Let's see: She reportedly earns $13 million a year. There are 260 working days in the year. So each eight-hour day she makes $50,000, or $6,250 an hour. That means if I'm 15 minutes late, I'VE JUST WASTED $1,562.50 OF ABC'S MONEY.

Fortunately, Sawyer is even later than I am and apologetic (cost to *Ladies' Home Journal:* about a buck and a half). The woman who regularly makes best-dressed lists somehow manages to look put together in a nylon track shirt, pinstriped Banana Republic pants, moccasins, a pair of socks she filched from her husband, director Mike Nichols, and a big fuzzy cardigan with a wolf on the back. She seems particularly ebullient—not surprising, since she's got a lot to be cheerful about. Sawyer (along with Charlie Gibson) is perceived as the savior of *Good Morning America*, which now regularly trounces *Today* in at least half of the Top 10 markets. For her evening stint at *Primetime Thursday*, she is landing some of the most hotly sought-after interviews: in one week this past November, she aired interviews with both Jessica Lynch and Britney Spears.

Sawyer, statuesque and slim, gives me a handshake and a hug. It doesn't feel like the scary boa constrictor hug celebrities sometimes give, a hug that's more threat than greeting. It seems sweet and genuine and very Southern. Sawyer, 58, is a CONTINUED

BY JUDITH NEWMAN





PHOTOGRAPHS BY TIMOTHY WHITE

Sawyer, who has been married to film director Mike Nichols since 1988, calls their quiet weekends together "heavenly . . . I couldn't live without them"



Kentuckian, with "y'alls" occasionally slipping into her otherwise accentless conversation). She claims to have slept for only 45 minutes last night (on the floor of her closet yet, because she was afraid her restlessness would wake her sleeping husband), but you'd never know it. There is a pleasant, burnished glow about her that owes nothing to airbrushing or trick lighting. It's easy to see why Americans want to invite her into their homes each morning: There is something forgiving and generous in her nature. If Katie Couric is the wisecracking, super-caffeinated neighbor who bustles in with the newspaper, Sawyer is the girlfriend you want to linger in the kitchen with, laughing and nursing your hangover from the night before, and, no neat freak herself, she wouldn't notice the crumbs on your counter.

Amid the Emmys, Opus cartoons (The Berkeley Breathed Bloom County strip) and photos of her family in her office, Sawyer took some time to sip Diet Coke, chat and linger with *Ladies' Home Journal*.

Q: Let me tell you, it's frightening to interview a great interviewer. I feel like handing you my questions and going, "Are these good?"

A: Why don't we pretend this is the Olympics? I'll hold up a card after each question . . . 9! 10! 5.2! I could say encouraging things like, "Don't Give Up."

Q: I'd be very grateful. Anyway, do you think that being the host of *GMA* has brought out a side of you the world didn't know about?

A: My meatloaf-cooking, swinging-from-a-trapeze side? It's not that it's brought it out, because it's always been there, but with evening news, there's only one tone. In the morning, there's a whole range of experience. You get it all in the morning.

Q: Does it feel schizophrenic to you—Vladimir Putin one hour, Jessica Simpson the next?

A: No, not at all. Everybody thinks that you have to have these artificial boundaries, that you have to maintain some starchy walls around yourself in order to have credibility. I don't think people think like that. They know that doing meatloaf sandwiches at the end of the show doesn't detract from your ability to question Putin at the beginning.

Q: With *GMA* on an upswing, how competitive are you and Katie Couric?

A: All three morning shows have a natural competitiveness. So of course, at times, I'm making the call [to get a coveted interview] and she's making the call, too. But it's never personal, never.

Q: Do the two of you ever have bets about who's going to get a particular interview?

A: No, no! But lots of times you can tell going in. Sometimes the fact that I've done a lot of investigative and foreign correspondent reporting is an asset. It can work every which way.

Q: So what you're saying is, it's not a question of who sends the biggest muffin basket.

A: Right!

Q: How is it these days, getting up at 4 in the morning? You must naturally be a morning person.

A: I am absolutely a CONTINUED

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person. My natural rhythm is to sleep until 11, and then stay up until 3 or 4 in the morning. For a long time, to get ourselves going first thing, we played Tom Jones in the makeup room. "It's Not Unusual," sometimes "Delilah." We'd sing and carry on. Last night I was up late, and I just never went to bed. I think I'm wired because my stepdaughter is in town, and stepgranddaughter, and it's all too exciting for me.

Q: You have grandkids?

A: One stepgrandchild, yes. She's 9. She's magical. Her name is Saskia—it was the name of Rembrandt's wife.

Q: Does she call you grandma?

A: No. She has many grandmothers. I'm just Diane.

Q: Tell me more about your husband [Mike Nichols, who directed movies such as *The Graduate*, *Working Girl* and, most recently, the HBO special *Angels in America*]. You met in the airport. You were then working for *60 Minutes*, and you were trying to land him for an interview?

A: Right. We had lunch, at which point I sort of did my performing seal number: "You just have to let me interview you." He postponed seeing me again, and then it just sort of trailed off. Then we'd have another lunch and trail off. Clearly he was never going to give me an interview.

Q: Was it obvious that there was chemistry between you?

A: I thought he was the most heart-stoppingly funny and limitless person I'd ever met. To be so funny, and so generous . . . it's a rare combination. And he's not judgmental about anybody. I love it so much when we get into a cab in New York City, and within two blocks he'll have the cab driver in stitches, even if the driver only speaks Pashtu.

Q: Is that the thing you find sexiest—being funny?

A: Oh, isn't it always? I read that Napoleon said, "A woman laughing is a woman conquered."

"I THRIVE ON CHAOS. I LEAVE ALL THE DRAWERS AND DOORS OPEN—CLOTHES ON THE FLOOR AND FOOD ON THE COUNTER"

Q: What would be your typical weekend together?

A: It starts the minute he can get off work, because usually, right after the show on Fridays, I take off. Then we wander around to movies and long dinners. We're really the least interesting people in the world. Occasionally we'll get in the car and drive someplace . . . just to have long, uninterrupted talks, with no phone. As passionately as I work during the week, try to reach me on the weekend. I really do shut it off. I do.

Q: What is the one thing he does, or the one thing you do, that makes the other nuts?

A: Oh, I think he would say what Charlie [Gibson] says, which is that I thrive on chaos. I walk in the door, and the clothes start coming off and onto the floor. I leave all the drawers and doors open, food out on the counter. I get more slovenly as the weekend progresses. He's extremely well organized. I have to say I'm winning this tug of war. I'm gradually bringing him over to the dark side. Finally he's having to yield in despair.

Also, I have no discipline with dogs or other animals. We have a Cavalier King Charles Spaniel. Mike is very good about house-training her and I just come around and undermine him. I feed her things behind his back and under the table, and she leaps up at dinner parties and puts her tongue up my nose in front of people. That drives him insane.

Q: Why did you decide not to have children? Was it because you were 42 when you married?

A: Well, it's not impossible at 42. And I've always had kids around—that's family to me. My nephews, my godchildren, I'm probably the biggest kid in the room with them.

But you know, when we met, Mike was 56 and had children from two previous wives, and it just seemed to me there was already so much love there. I guess I didn't feel that [having my own children] was defining for me. I felt we were already a family. And there was so much to be done, making sure that we all got stitched together, because it's not easy to have a stepmother coming in. And that's what mattered to me, most of the time.

Q: How old were his children then?

A: 10 and 12. I met his two younger children, Jenny and Max, New Year's 1988, and we were married that April. That's pretty fast, for children. It's unnerving to have somebody suddenly show up. They were wonderful, but that doesn't mean it was easy.

Q: Do they spend time with you now that they're adults?

A: Yes. And their mom lives a few blocks from us. We all take vacations together. I love their mother, Annabel.

Q: Did your relationship with her take work or was it just something that happened naturally?

A: It wasn't without formality sometimes. But no, I think maybe in part because I'm so CONTINUED



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domestic, because there is no doubt in anybody's mind how little I know about the things she knows about, that we didn't have competing roles.

Q: Valentine's Day is approaching. What's the most romantic thing you and Mike do for each other?

A: We used to do Valentine's Day, but that kind of lapsed. I write him a note every morning, and he writes me notes before I come into work.

Q: So when you say a note, it's not, "Please get some milk."

A: Right. And he's very romantic—much more than I am, probably. He gives gifts.

Q: Like what?

A: Like . . . sheets. Really soft sheets. He knows I have only two decorating ideas, which are: scrunchy and soft.

Q: So, until you met him you lived like a graduate student because you couldn't bring yourself to decorate.

A: Yeah. If it was, Gee, I have an option of going to the movies or looking at swatches, it wasn't even close. And I have no confidence in my taste. I'm always the person who would end up with the lavender polka-dot sofa and then wonder what I was thinking. But now, I'm married to a movie director, and he's got a sense of set. He's got a feeling of what it *should* be—maybe not the specifics, but that doesn't matter much to me. Again, scrunchy and soft. Feet up on everything, and it doesn't matter if the dog has an accident. Much.

Q: Tell me a little bit about the other man in your life, Charlie Gibson.

A: He has many talents.

Q: And he's pierced, isn't he?

A: Yes, he's pierced. I'm forever having to go down at 4 in the morning and get him out of some bar here in town [laughing]. No, he's the one person about whom none of this could ever be believed ever, ever, ever. He's something of a vanishing vanishing species—a truly intelligent and gracious man. At least once a week on the show, he rescues me. He has a kind of trapeze-partner sense of when to swoop in.

Q: Is there a lot of pressure on you, as the host of *Good Morning America*, to stay forever young? It's known that even women in the news industry indulge in plastic surgery now.

A: Everybody's doing all different things. It got done someplace and then moved on. When you look across the board at the work we're doing collectively, at Barbara Walters, at Lesley Stahl, at Christiane Amanpour, they're all doing such singular work. I just don't see that age is an issue anymore. You get to a certain place of being in everybody's living room, and it's a thing of respect. You're not going to be booted off the air. Besides, in terms of being older and looking older, it's similar for men and women now. Walter Cronkite was 65 when he retired, and he was thought of as Uncle Walter. But you don't think, Uncle Peter [Jennings]. Look how fantastic and young the guys look, despite their ages. They're very lean and ready.

Q: Do you think your looks helped or hurt your career?

A: It's hard when you don't see what other people see. Who doesn't see the size of their rear end or wish they had a nose like Candice Bergen? Or imagine what life would be like as Catherine Zeta-Jones? I think high school, embarrassing, paralyzingly self-conscious high school, is formative.

Q: You weren't the homecoming queen in high school?

A: I was so nerdy. I didn't have dates, I didn't have boyfriends. I wasn't in the In Group. We had this little group. Three of us, we were Unitarian, Jewish and Methodist—me—and we used to get together and read Thoreau and Emerson, and we'd sit by this squalid creek every day at lunch and imagine ourselves as philosophers—we called ourselves the new Transcendentalists.

Q: C'mon, you really didn't date in high school?

A: Didn't even really have a crush. I didn't get asked to the prom.

Q: Oh c'mon. That's what beautiful women always say: "I was a dork in high school."

A: No, I'm not making this up. This is documented. Even when I won that contest [Sawyer was 1963's America's Junior Miss]. I was geeky at Wellesley. I didn't go out. You know, I was a real nose-pressed-against-the-window-of-the-popular-kids girl. I was voted "most likely to succeed" in high school, which I thought was the dreariest possible thing to be. I was so very, very earnest.

Q: Growing up, did you have idols?

A: I didn't have distant idols. I had proximate ones. (Sawyer's father was a judge, her mother a teacher.) My mom was so amazing: Everything she handled, did, how brave she was.

Q: Did she have a rough childhood?

A: They grew up on Kentucky farms—at CONTINUED ON PAGE 114

"I HAVE NO CONFIDENCE IN MY TASTE. I'M THE PERSON WHO ENDS UP WITH THE LAVENDER POLKA-DOT SOFA"

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Dorothy Hamill



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IMPORTANT INFORMATION ABOUT VIOXX.

People with allergic reactions, such as asthma, to aspirin or other arthritis medicines should not take VIOXX. In rare cases, serious stomach problems, such as bleeding, can occur without warning.

Tell your doctor if you have liver or kidney disease, or a history of angina, heart attack, or a blocked artery in your heart. VIOXX cannot take the place of aspirin for the prevention of heart attack or stroke. VIOXX should not be used by women in late pregnancy.

In clinical studies, commonly reported side effects included upper respiratory infection, diarrhea, nausea, and high blood pressure. Report any unusual symptoms to your doctor.

Please see the Patient Product Information for VIOXX on the next page for additional information that should be discussed with your doctor.

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for Osteoarthritis, Rheumatoid Arthritis and Pain
Generic name: rofecoxib ("ro-fa-COX-ib")

read this information before you start taking VIOXX®. Also, read the your prescription, in case any information has changed. a summary of certain information about VIOXX. Your st can give you an additional leaflet that is written for health that contains more complete information. This leaflet does not take ice of careful discussions with your doctor. You and your doctor should discuss VIOXX when you start taking your medicine and at regular checkups.

What is VIOXX?

VIOXX is a nonsteroidal anti-inflammatory drug (NSAID) that is used to reduce pain and inflammation (swelling and soreness). VIOXX is available as a tablet or a liquid that you take by mouth.

VIOXX is a medicine for:
- relief of osteoarthritis (the arthritis caused by age-related "wear and tear" on bones and joints)
- relief of rheumatoid arthritis in adults
- management of acute pain in adults (like the short-term pain you can get after a dental or surgical operation)
- treatment of menstrual pain (pain during women's monthly periods).

Who should not take VIOXX?

Do not take VIOXX if you:
- have had an allergic reaction such as asthma attacks, hives, or swelling of the throat and face to aspirin or other NSAIDs (for example, ibuprofen and naproxen)
- have had an allergic reaction to rofecoxib, which is the active ingredient of VIOXX, or to any of its inactive ingredients. (See Inactive Ingredients at the end of this leaflet.)

What should I tell my doctor before and during treatment with VIOXX?

Tell your doctor if you are:
- pregnant or plan to become pregnant. VIOXX should not be used in late pregnancy because it may harm the fetus
- breast-feeding or plan to breast-feed. It is not known whether VIOXX is passed through to human breast milk and what its effects could be on a nursing child.

Tell your doctor if you have:
- history of angina, heart attack or a blocked artery in your heart
- kidney disease
- liver disease
- heart failure
- high blood pressure
- had an allergic reaction to aspirin or other NSAIDs
- had a serious stomach problem in the past

Tell your doctor about:
- any other medical problems or allergies you have now or have had.
- all medicines that you are taking or plan to take, even those you can get without a prescription.

Tell your doctor if you develop:
- serious stomach problems such as ulcer or bleeding symptoms (for instance, stomach burning or black stools, which are signs of possible stomach bleeding)
- unexplained weight gain or swelling of the feet and/or legs.
- skin rash or allergic reactions. If you have a severe allergic reaction, get medical help right away.

How should I take VIOXX?

VIOXX should be taken once a day. Your doctor will decide what dose of VIOXX you should take and how long you should take it. You may take VIOXX with or without food.

Can I take VIOXX with other medicines?

Tell your doctor about all of the other medicines you are taking or plan to take while you are on VIOXX, even other medicines that you can get without a prescription. Your doctor may want to check that your medicines are working properly together if you are taking other medicines such as:
- warfarin (a blood thinner)
- theophylline (a medicine used to treat asthma)
- rifampin (an antibiotic)
- ACE inhibitors (medicines used for high blood pressure and heart failure)
- lithium (a medicine used to treat a certain type of depression).

VIOXX cannot take the place of aspirin for prevention of heart attack or stroke. If you take both aspirin and VIOXX, you may have a greater chance of serious stomach problems than if you take VIOXX alone. If you are currently taking aspirin for prevention of heart attack or stroke, you should not discontinue taking aspirin without consulting your doctor.

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What are the possible side effects of VIOXX?

Serious but rare side effects that have been reported in patients taking VIOXX and/or related medicines have included:

- Serious stomach problems, such as stomach and intestinal bleeding, can occu with or without warning symptoms. These problems, if severe, could lead t hospitalization or death. Although this happens rarely, you should watch fo signs that you may have this serious side effect and tell your doctor right awa
- Heart attacks and similar serious events have been reported in patient taking VIOXX.
- Serious allergic reactions including swelling of the face, lips, tongue and/or throat which may cause difficulty breathing or swallowing an wheezing occur rarely but may require treatment right away. Severe ski reactions have also been reported.
- Serious kidney problems occur rarely, including acute kidney failure an worsening of chronic kidney failure.
- Severe liver problems, including hepatitis, jaundice and liver failure, occu rarely in patients taking NSAIDs, including VIOXX. Tell your doctor if yo develop symptoms of liver problems. These include nausea, tiredness, itch ing, tenderness in the right upper abdomen, and flu-like symptoms.

In addition, the following side effects have been reported: anxiety, blurred vision, colitis, confusion, decreased levels of sodium in the blood, depression, fluid in the lungs, hair loss, hallucinations, increased levels of potassium in the blood, insomnia, low blood cell counts, menstrual disorder, palpitations, pancreatitis, ringing in the ears, severe increase in blood pressure, tingling sensation, unusual headache with stiff neck (aseptic meningitis), vertigo, worsening of epilepsy.

More common, but less serious side effects reported with VIOXX have included the following:

Upper and/or lower respiratory infection and/or inflammation
Headache
Dizziness
Diarrhea
Nausea and/or vomiting
Heartburn, stomach pain and upset
Swelling of the legs and/or feet
High blood pressure
Back pain
Tiredness
Urinary tract infection.

These side effects were reported in at least 2% of osteoarthritis patients receiving daily doses of VIOXX 12.5 mg to 25 mg in clinical studies.

The side effects described above do not include all of the side effects reported with VIOXX. Do not rely on this leaflet alone for information about side effects. Your doctor or pharmacist can discuss with you a more complete list of side effects. Any time you have a medical problem you think may be related to VIOXX, talk to your doctor.

What else can I do to help manage my arthritis pain?

Talk to your doctor about:
- Exercise
- Controlling your weight
- Hot and cold treatments
- Using support devices.

What else should I know about VIOXX?

This leaflet provides a summary of certain information about VIOXX. If you have any questions or concerns about VIOXX, osteoarthritis, rheumatoid arthritis or pain, talk to your health professional. Your pharmacist can give you an additional leaflet that is written for health professionals.

Do not share VIOXX with anyone else; it was prescribed only for you. It should be taken only for the condition for which it was prescribed.

Keep VIOXX and all medicines out of the reach of children.

Inactive Ingredients:

Oral suspension: citric acid (monohydrate), sodium citrate (dihydrate), sorbitol solution, strawberry flavor, xanthan gum, sodium methylparaben, sodium propylparaben.

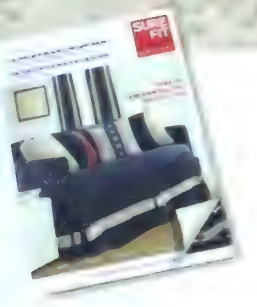
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times with only pennies to live on. So, I saw all this curiosity and excitement about the world in the face of having had it rough . . . bruises, real bruises.

My mother has three sisters, my dad had nine brothers and sisters. So every place you looked there were these women taking chances. Not for a minute thinking there was anything they couldn't do. And my mom and her sisters are hilarious when they're together. They're old and vital. So that was really good.

Q: Did she give you one piece of advice that always rings in your ears?

A: Yeah. Never forget to comb your hair in back. She still tells me this, all the time. [In a picture in Sawyer's office, her mother is radiant in a beehive do.] She really does dream that someday she'll have a daughter whose hair stays in place, which mine never will. In fact, she's coming in a couple of hours, and that'll be the first thing she'll do: Mention my hair.

Q: Not your weight loss [of 2001]?

A: Loss–and regain! But no, she's never been critical of weight. She hates it when I don't have my legs properly crossed or she thinks something I'm wearing is too short. Being unladylike is a big indictment. Unladylike is when my stockings have a run in them, or when I just sit sort of sprawled in pants. She doesn't like that. It's just about being respectful to others.

Q: Is it a Southern thing?

A: Very Southern.

Q: Do you still think of yourself as a Southerner?

A: Completely. And Southern food's my favorite. Okra.

Q: Oh my God. Slime.

A: Yes, exactly. My husband actually has the same reaction. But I love okra and fried tomatoes and collard greens. I'm the only person whose mother, when I was at Wellesley, sent boxes of turnips instead of petit fours. I remember eating my turnips in my room, being so happy.

"I'D LIKE TO BE ABLE TO MAKE A ROAST THAT DOESN'T LOOK LIKE A DISGUSTING, CHARRED THING. THAT'D BE GREAT"

Q: If you could be a superhero, what would your special powers be?

A: Well, everybody wants to fly, right? As a child, my sister jumped off the top of a bookcase thinking she could fly, and landed on me and broke my tooth, which she is unbelievably guilty about to this day.

Q: In the sibling dynamic, was your sister, Linda, generally the torturer?

A: Oh, no. She'll be disgusted that I'm saying this, but she's really a saint. I'm not kidding. Since I've been little, she only worries about others, about me. She would let me tag along with her, from the time I was tiny.

But anyway, if I had really magical powers I'd be able to cook.

Q: Not your forte?

A: I can follow directions and love complicated recipes. But just ask me to do something like roast a chicken, and it's always awful. Horrible. Nobody would eat it. Just to be able to make a roast that didn't look like some disgusting, charred, Paleolithic thing–that would be great. My stepkids say that they cannot take one more weird meal.

I love parties. I love having people over, looking at their faces to see if they really liked everything, and then interviewing them about how much they liked it.

Q: You really ask them?

A: Oh, of course. If they don't eat something it's all I can think about for weeks. They left that on their plate, and what can I do next time? I'm way too needy to be a good cook.

At one point I decided to learn to cook and approached the cookbook alphabetically. I did a lot with artichokes. And I had an entire month of beets. Marinated beets, beet salad . . . I don't know what I was thinking. Then I got stuck in the Cs. I did this when I was living in San Clemente.

Q: When you were working with President Nixon? [Sawyer was Richard Nixon's press aide; then, after his resignation in 1974, she went with him to San Clemente to help him write his memoirs.]

A: Yes. Cooking was my life raft.

Q: What did you learn from him?

A: I learned something about getting up in the morning, when, for whatever reasons, self-inflicted or otherwise, your vision for yourself has been shattered, has been decimated. His ability to be able to get back up and simply sit behind a desk, after all that, was impressive.

Q: What would you ask yourself if you were me? The one thing people don't know about you?

A: I'm sort of *I Love Lucy*, and I don't think everybody knows that.

Q: Lucy or Ethel?

A: Lucy, definitely Lucy. I am the first one to get out on the ledge and not be able to get back in. Walking and tripping over things . . .

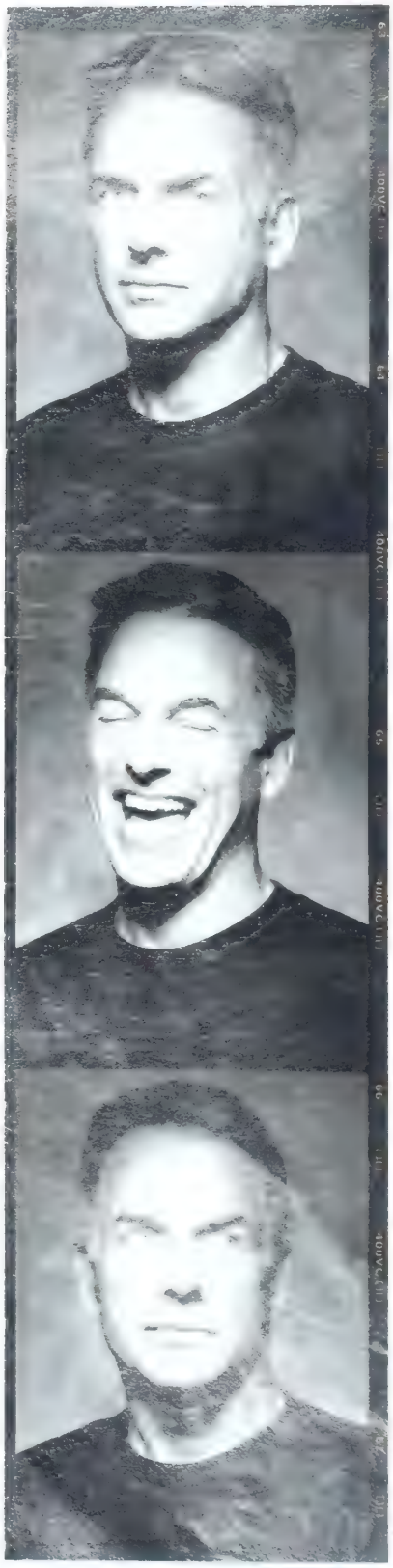
Q: Not a big athlete, are you?

A: Me, no. I'm brave but untalented, which is a hideous combination.



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With a new hit TV show, this handsome family man is back in our hearts BY LAURA BROUNSTEIN

He's been a serial killer, a G-man, a doctor and a summer-school teacher—as an actor, of course. But whether he's playing tough or tender, there's an easy, "aw, shucks," sexiness to Mark Harmon that comes through, whether he's modestly talking about his new movie, *Chasing Liberty* (inspired by the classic *Roman Holiday*), or his hit CBS show, *Navy NCIS*. "I'm only an actor," Harmon, 52, says. "What the real NCIS do is amazing. They're at the very tip of counter-terrorism work. My fear is that a real agent in a cave somewhere will be compromised by a fan asking, 'Do you know the stars of *NCIS* on TV?'"

Q: When you leave the *NCIS* set, you go home to your wife, Pam Dawber, of *Mork & Mindy* fame. How did you two meet?

A: It was kind of a blind date. A gal I was working with at the time wanted me to meet Pam, but I had taken the line that if I ever dated an actress again, someone should shoot me in the forehead with a dull spear gun. So, it didn't work out for us right away, but eventually we ran into each other, talked and ended up going out that same night. A year later we got married.

Q: Did it feel different right away?

A: It just felt easy. If you haven't found that yet, hang on to your belief that it's out there. It's not about lightning bolts and that stuff, it's about being comfortable.

Q: President Foster, your *Chasing Liberty* character, spends a lot of time worrying about his beginning-to-date teenage daughter, played by Mandy Moore. Your sons, Sean, 15, and Ty, 10, are approaching dating age. Are you getting worried yet?

A: Oh, I expect both of our boys will treat women wonderfully. I have two older sisters, and one way or another, they taught me. You know, I think moral structure is important. And that's part of our job as parents. You have to make choices in your own life and in your kids' lives.

Q: What kinds of choices?

A: My family is from the Midwest, and I think there's a value system that goes with that. Our expectations involve more responsibility and, to some degree, more discipline. You see that when your kid goes, "Hey, I want to play with Billy," you say, "Great." And you call the mom, and she drops Billy off, and Billy does things at your house and you go, "Unbelievable." I mean, whatever he's doing is okay at Billy's house, but not okay here.

Q: Were you always this responsible?

A: I didn't get married until I was in my 30s. It seemed to me that in growing up and dating I was light years behind women. They're born more mature. I had lots of friends who were married right out of college, and I could no more have done that than landed on the moon! Then one day, you're married with two kids, and when you open your mouth what you hear coming out is something your parents would have said!

Q: Any last thoughts on parenting?

A: There's no one rule, but when in doubt, you've got to just hug them!

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You *could* eat painter Jean Wertz's masterpieces if you really wanted to, but this is chocolate that's too beautiful to bite

BY LORI TOBIAS

Art You Can Eat



Jean Wertz found making candies "deadly dull" and prefers her chocolate on a canvas

For as long as she can remember, the twin themes of Jean Wertz's life have been art and candy. So perhaps it was inevitable that she would eventually devise an art form that exquisitely, if idiosyncratically, merges the two: Wertz paints reproductions of classic works made out of . . . *chocolate!*

Wertz, 50, grew up in Lebanon, Pennsylvania, where her family owns Wertz Candies, a local institution that has been turning out handcrafted truffles and "opera fudge" (a dark-chocolate delicacy unique to the area and reputed to have been the preferred treat of 19th century opera goers) since 1931. At 6, Wertz enrolled in her first art class. "The moment I picked up the paintbrush, I knew this was for me," she says. After graduating from Kutztown University in Kutztown, Pennsylvania, in 1979, Wertz supported herself with odd jobs, but spent all her free time painting. She assumed she had left the family business far behind. "I always said I wouldn't be caught dead working there," she says with a laugh.

Around Valentine's Day 1985, however, her father came to her in desperation. The candy coater had just quit, during one of the busiest seasons. Wertz's family needed her.

Reluctantly, Wertz joined her brothers Bill and Richard in the store, and, with her mother as teacher, learned how to handcraft the shop's signature confections, all made with fresh, natural ingredients. The painstaking coating process involves ladling warm molten chocolate onto a cool marble tabletop, hand dipping each of the candy centers into the tempered liquid, then embellishing each candy with an identifying mark (a delicate pink R, for raspberry, for instance).

"We do it exactly as it was done in 1931," says Wertz. "It results in a superb product, but it was deadly dull as a job." Years passed and Wertz's frustration grew. How could an artist find fulfillment amid this drudgery?

She found her answer in 1993, when she enrolled in a class led by chef Elaine Gonzalez, author of the cookbook *The Art of Chocolate*. Gonzalez taught her students CONTINUED

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to craft a basic chocolate box, an edible container for smaller candies. It was a revelation for Wertz. "For the first time, I saw chocolate as a creative medium," she says. She flashed back to a novelty item she had seen in a trade catalog—a Monet copy crudely painted on a slab of chocolate. Perhaps, she thought giddily, her two disparate worlds could be brought together after all.

Back in the shop, Wertz started experimenting with edible paint, finding an ideal mixture in vodka and powdered food coloring. For her "canvas," she melted white chocolate and molded it flat. She even figured out how to craft chocolate frames, using gold-colored sprinkles as "gilding."

From the start, she focused on recreating other artists' masterpieces. "Copying these artists' work helps me improve my own technique," she says, "and it gives me a way to reach out to the public. People respond to these beautiful, familiar images. A lot of our customers come into the shop just to look at the art."

The paintings won't disintegrate, but may fall victim to a sweet tooth

Even so, her brothers often wished their sister would get serious about making candy. "She's doodling again," one was heard to say. And "when is she going to do some *real* work?"

Their attitude changed in 2002, when the Toledo Museum of Art phoned. Communications manager Elizabeth Sudheimer had discovered Wertz's Web site, *www.chocolateartistry.com*, and hoped to commission her to craft chocolate ears to include in the press packet for—what else?—an upcoming Van Gogh exhibit. Instead, Wertz persuaded Sudheimer to look at her chocolate paintings, which included several Van Goghs. The museum ended up commissioning her to paint 37 reproductions of works in their collection.

The following spring, the museum hosted a reception for Wertz, and for one whirlwind weekend, she was Toledo's top celebrity. A local TV station taped her painting a chocolate Van Gogh landscape; later, she repeated the demonstration for enthralled museum goers. "The response was phenomenal," recalls Sudheimer. "She's an excellent artist."

Wertz's biggest fans, however, remain the locals who seek out her art in the candy-store window. One man commissioned a portrait of his West Highland terrier; another woman requested eight reproductions of famous paintings to give as Christmas presents. Technically edible, but not intended to be, these paintings typically sell for $150 to $200. In the right conditions—low humidity, mild temperatures and no ants—they can last indefinitely.

While none of her chocolate paintings has disintegrated, a few have fallen victim to a sweet tooth. Sudheimer, who owns a chocolate *Starry Night*, remembers that "when I was changing offices, someone dropped it and then ate part of the frame. Luckily, Jean made me a new one." And a Maxfield Parrish received as a gift was nibbled on the sly by the recipient's young daughter.

Wertz's current project brings together her art and her job in the most explicit way yet: She's executing a series of chocolate paintings inspired by the shop. "It's such an irony," she says. "I used to count the minutes until closing; now I'm here for hours afterward, just playing with the chocolate. I get to combine my day job with my true passion. What could be better?"

A heart attack was almost my finish line.



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Ending Girl Gangs, for Good

Isis Sapp-Grant knows how to spot—and save—troubled girls who get recruited by violent gangs. How? She used to belong to one herself

BY NEERAJA VISWANATHAN



"If I see a girl in trouble, I talk to her no matter where I am," says Sapp-Grant, here with participants in the Blossom Program, the organization she founded for at-risk girls

Tabitha Collins* was out of control. The 15-year-old had been expelled from school for fighting with other students and was constantly picking fights with kids in her Brooklyn, New York, neighborhood. Even worse, she was being recruited by two violent gangs and was on the verge of joining one of them. Her mother, 63, worried she would no longer be able to handle her alone. Desperate, her mother brought Tabitha to family court where parents can put in formal requests to receive additional help from the city.

A social worker handling Tabitha's case suggested she enroll in the Blossom Program for Girls at the Youth Empowerment Mission in Brooklyn. Founded by Isis Sapp-Grant, the Blossom Program helps girls like Tabitha change their destructive behavior. "It's all about showing these girls they are connected to a larger community than just a street gang," says Sapp-Grant.

Disturbingly, there are many girls who are like Tabitha. Estimates vary widely, but one study suggests that girls make up about 10 percent of all urban gangs. And arrests of girls ages 10 to 17 involved in all crime, including violent crime, has increased since the 1980s. (The FBI does not distinguish whether such crimes are gang related.) In the poor urban areas that are filled with broken homes and allow their residents few opportunities, these girls often find protection, community and a sense of identity in street gangs and other same-sex cliques or groups, says Sapp-Grant.

Sapp-Grant knows; she was once one of these girls herself. Raised by a single mother in a poor Brooklyn neighborhood, she was 15 when she formed the all-girl gang The Deceptinettes. The gang, whose name was inspired by the villains in the popular TV cartoon *Transformers*, participated in robberies, thefts and assaults all over New York City. "I was so angry at the world," she recalls. "I felt poor, I felt powerless, and I felt like a victim myself. I didn't know I could improve my situation."

Then, when she was 16, Sapp-Grant was arrested and jailed for assaulting a girl in the CONTINUED

**Name has been changed to protect privacy.*

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BECOMING



The negative impact of hip-hop on girls was the subject of this class at the Blossom Program.

subway, and Sapp-Grant's boyfriend, the leader of a male gang, was shot and seriously injured during a robbery. (He later died from his injuries.) The two incidents made her realize that her life was in a brutal, downward spiral. She decided then to leave the gang and put herself on a new track. "It wasn't easy," she says. She reached out to teachers who helped her pull up her grades and graduate from high school. The next fall, Sapp-Grant went to college at Fisk University in Nashville, Tennessee, with the help of financial aid. She would go on to earn a master's degree in social work.

After her graduation, Sapp-Grant returned to her old neighborhood and made it her mission to help other kids who were on the same destructive path she once was. In 1995, with the help of community donations, Sapp-Grant, only 24 at the time, founded the Youth Empowerment Mission (YEM), a one-of-a-kind nonprofit organization to help at-risk boys and girls.

Her first goal at YEM was to start a program that would help girls leave gang life—and prevent them from joining gangs in the first place. She started by interviewing girl gang members and other young female offenders serving time in jail. "Many lacked good support systems and didn't have access to services to help them when they were troubled," says Sapp-Grant. Determined to change that, in 1997 she created the Blossom Program aimed at at-risk girls between the ages of 12 and 18.

The Brooklyn-based program includes field trips, dance classes,

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omework tutoring, and workshops n subjects including health and hy- iene, self-esteem, HIV prevention, nd conflict avoidance. In one work- nop, girls discuss how women are ortrayed in rap videos. "Movies and nusic videos flood girls with images f tough, street-smart, sexually harged women," says Sapp-Grant. Without positive, nonsexual role nodels, they can't grow up with re- pect for themselves or their bodies." Girls also can take one-on-one or roup counseling sessions to help hem in specific problem areas. In Tabitha's case, "we focused on her trengths rather than lecturing her bout her bad behavior," says Sapp- Grant. "Tabitha was good in math, nd she was interested in fashion de- ign. When she saw that there were opportunities open to her outside of gang life, she realized she was on the wrong track."

After a year in the Blossom Program, Tabitha now 16, is back in school and doing well. "I didn't get along with other girls before I came here," she says. "But I like the girls at Blossom, and I don't get into fights anymore."

More than 130 girls have participated in the Blossom Program since its inception. All the services are free. Sapp-Grant relies on community and charity-based fund-raising as well as her own financial contributions to stay afloat. Up until last year, she and her three staff members didn't even receive a salary. Sapp-Grant works six to seven days a week so she can work individually with each girl.

In addition to her [illegible] Sapp-Grant, 42 and married with two children, jug- gles her many roles at the Youth Em- powerment Mission, scheduling ses- sions, preparing for meetings with parents, and recruiting girls. "I get re- ferrals from cops, from juvenile hall, from parents—you name it," she says. She also brings in new girls herself, approaching them on the street or subway or through school presenta- tions with counselors or teachers who want to help their at-risk female students. "I can spot a girl in trouble a mile away," she says. "They're an- gry, frustrated, ready to fight, looking for some acceptance. If I see one, I talk to her, no matter where I am. I give her my card, and I tell her that I care what happens to her."



Long Live the Queen!



"My books aren't literature, but they're powerful," says Browne (left)

Jill Conner Browne, lovingly known as the Sweet Potato Queen, is used to making people laugh. Now she's discovered that laughter heals, too

BY SUSAN G. HAUSER

Decked out in a rhinestone tiara and a sparkly prom dress that hugs her ample curves, Jill Conner Browne, aka the Sweet Potato Queen, hasn't actually won any beauty pageants. But since publishing *The Sweet Potato Queens' Book of Love* in 1999, the Mississippi-born writer has ruled an empire of devotees (her 3,100 fan clubs boast millions of members around the world), all of whom adore her saucy, irreverent advice on life and love—from what to gorge on when the going gets tough to how to dump a deadbeat boyfriend.

These days, however, Browne, 51, is astounded by the bonds of friendship and support her fans have formed with her and with each other. On the message board at *www.sweetpotatoqueens.com*, many have written to thank Browne, saying her three books have brought laughter and hope to loved ones in crisis. One woman shared how she read aloud from the *Book of Love* every day to her terminally ill sister and finished the last chapter the day her sister died. Another described brightening the final days of a friend—a huge Potato Queen fan—by bestowing on her a tiara and royal scepter. "Her last laughs were when she was opening the gifts," she wrote to Browne. "I wanted you to know what joy you brought to a dying woman."

Last November, Browne suffered a loss of her own when close friend Gayle Christopher, 56, died of colon cancer. After her widower, John, took on the task of trying to raise $25 million for a new cancer institute at the University of Mississippi Medical Center in Gayle's name, Browne decided to tap into her supportive Potato Queen network for help. "I'll do speaking, we'll have fund-raisers, and I hope to give $25,000 a year for the next 10 years," says Browne. "If I make more money, I'll give more."

The mother of 16-year-old son Bailey and, since last year, the wife of Kyle Jennings, 41, Browne grew up believing that she was short on talent—by beauty pageant standards, at least. Now she sees even more clearly the beauty of her wacky humor, and how it can lighten the burdens of the ailing and grief stricken. "Who doesn't need to laugh more?" she says. "Laughter is one of the greatest blessings we're given. With a little prayer, it can cure anything."



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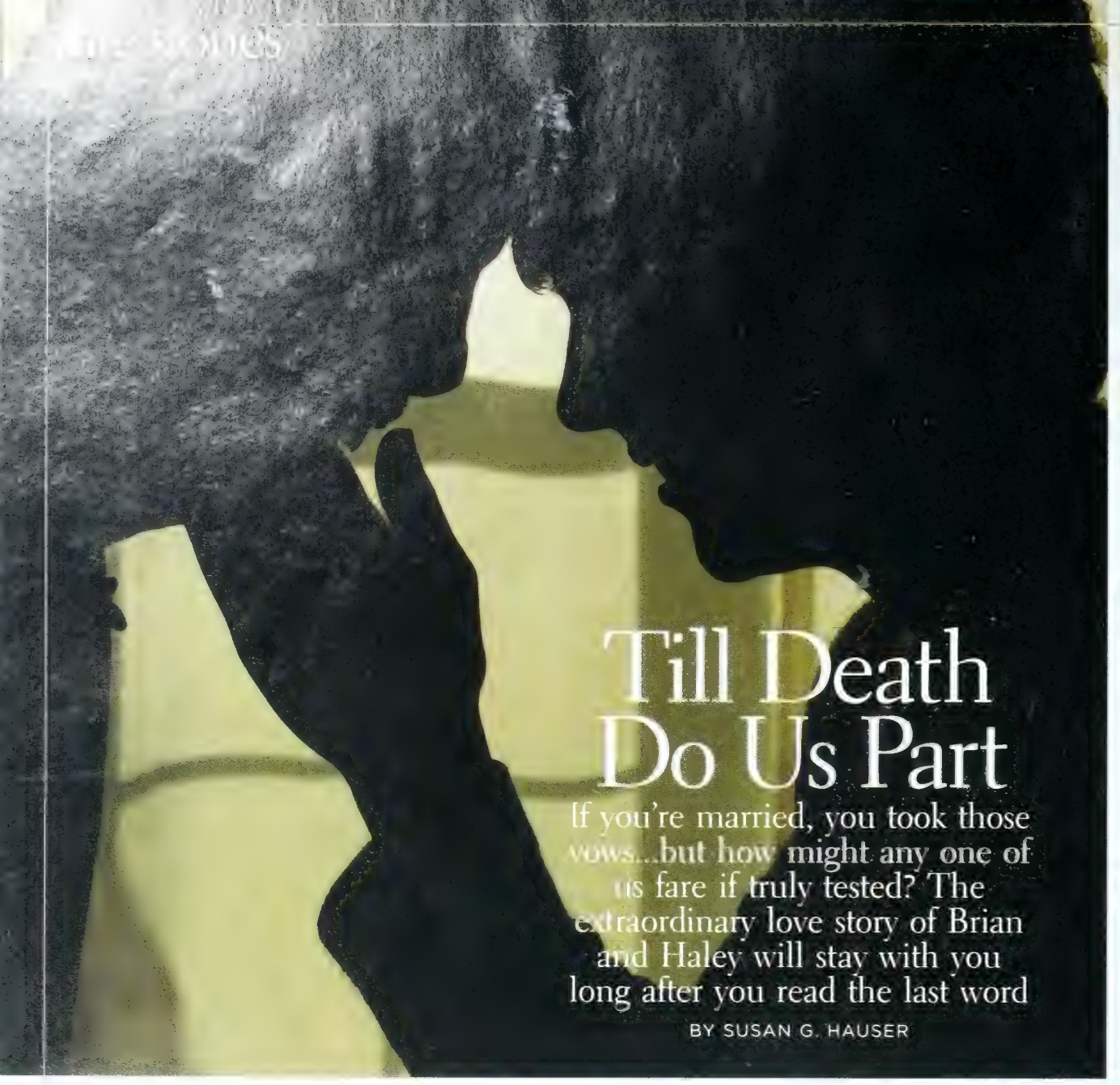
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Till Death Do Us Part

If you're married, you took those vows...but how might any one of us fare if truly tested? The extraordinary love story of Brian and Haley will stay with you long after you read the last word

BY SUSAN G. HAUSER

Two-year-old Keston Sakultarawattn is an inquisitive little boy. Cradled in his mother's arms, he loves inspecting the photos lining the hallway of his family's home in St. Helens, Oregon. In a familiar ritual, Keston's mother, Haley, 26, carries him the length of the hallway, past the nursery where new baby sister Malee Sue is asleep, stopping at every photo until they reach the engagement portrait of his parents, Haley and Brian.

Keston points to Haley with [illegible]

recognition. But he's puzzled by the young man with almond eyes and dark hair. "Whozat?" he asks.

"That's Daddy," says Haley, "before he got hurt."

To Keston, Daddy is a man whose face is a patchwork quilt of leathery skin and who sits in a wheelchair, calls out to the son he can't see and embraces him with the remaining stumps of his arms. The boy never knew the face that smiles from the photo taken on December 18, 1995.

The young couple had been introduced three years earlier by Haley's sister, Angellee, who worked with Brian at his father's Thai restaurant. Angellee had a hunch that Brian's silly sense of humor would appeal to her younger sister, so she brought her to work one day. Haley was shy, worried that her adolescent acne would be a turnoff to the handsome, popular boy. But as their friendship grew, she began to feel beautiful in Brian's presence. He told CONTINUED

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Bleach what you want to bleach.

the lesson to heart.

During that holiday season, the couple visited an uncle of Haley's [illegible] legs in a car accident. Afterward, they had one of the [illegible] philosophical discussions they both relished. They talked about love, commitment and the insignificance of physical beauty compared with the ineffable beauty of the spirit. Brian affirmed that he would always be there for Haley, then asked, "Would you stick by me if I became disabled?" Haley replied without an instant's hesitation: "Of course." She had no inkling that she would soon find out if she had the courage of her convictions.

The day after Christmas, Brian, a forest-management trainee, was fixing some logging equipment at the tree farm owned by Angellee and her husband, Dan Kloppman. On bitterly cold days like this, Brian kept a fire burning in a metal barrel for warming his hands. The fire was too intense, so he grabbed a bucket of rainwater to throw on the flames.

The bucket, however, turned out to be filled with gasoline.

Angellee and Dan heard the explosion, followed by tortured screams. They sprinted down a forest trail and found Brian rolling on the ground, on fire from head to foot. Angellee [illegible] Dan swatted frantically at Brian with his bare hands before remembering a blanket in the shed. But Brian's [illegible] was no match for the flames at first. Still, Dan beat the fire with the blanket until it was nearly out. Then he and Angellee [illegible] Brian's boots and what remained of his smoldering clothes and lifted his [illegible] and blistered body into their van.



Eight days before Brian's horrific accident, the happy couple posed for this engagement portrait

Haley's sister phoned her from the hospital. "Brian's been burned, and it's bad," she said

Dan turned on the flashers and leaned on the horn as he sped toward the nearest hospital, just under 10 miles away. He held his own singed hand out the window to ease the pain. "Hang in there," he called to Brian in the back seat. Brian's throat was beginning to swell, making it difficult for him to breathe. But he managed to whisper, "I'm trying," before gasping, "If I die, tell Haley I love her."

Angellee called Brian's parents and Haley from the hospital. "Brian's been burned, and it's bad," she said, her voice quavering. When Haley and her mother, Brenda Havlik, arrived, Angellee related the story through racking sobs. Brian had already lost consciousness and was in a drug-induced coma to prevent his going into shock. He lay in a nearby room on a stretcher, awaiting transfer by ambulance to the Oregon Burn Center at Legacy Emanuel Hospital in Portland, some 50 miles away.

Upon seeing her fiancé, who was covered to his neck with a blanket, Haley suppressed a cry of horror. His face was black and cinders dotted his mouth and teeth. His hair was singed and blood was caked on his neck and shoulders, where his skin had blistered. His whole body was swollen. Haley wanted to touch him, but was afraid she'd cause him further pain.

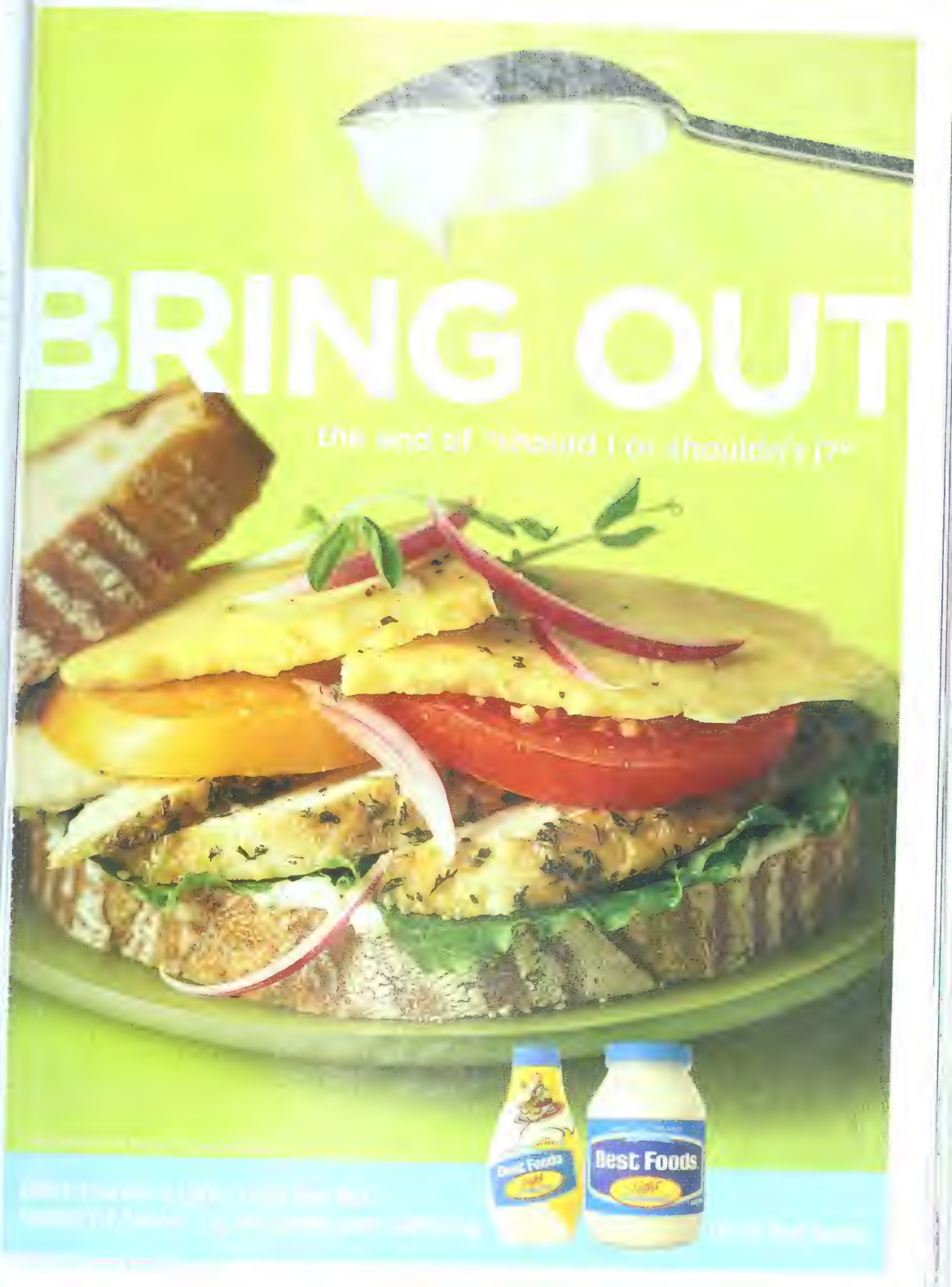
"Then a peace came over me," Haley recalls. "I didn't cry. I said, 'Brian, I love you. Everything will be okay. You're in God's hands.'"

At the Oregon Burn Center, Dr. Joseph Pulito's initial assessment was that Brian, who'd suffered third-degree burns over 95 percent of his body, had a minuscule chance of survival. Gently, the surgeon broke the news to Brian's mother, Jani, and father, Chamrus "Mo" Sakultarawattn, a native of Thailand.

Jani begged Dr. Pulito to do whatever it took to save her son. "Brian is a devout Christian with a strong sense of purpose," she told him. "He would want to live, no matter what."

Over the objections of several of his colleagues, Dr. Pulito agreed to perform a risky, seven-hour surgery to remove Brian's dead skin and prepare his body for skin grafts. Privately, he doubted that his patient would survive long enough for the operation to happen. But after a few CONTINUED

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excruciating days of touch-and-go, Brian's condition had stabilized, and the grueling surgical process began.

Still deep in a drug-induced coma, Brian had all of his burned skin removed, and, in subsequent surgeries (22 over a seven-month period), replaced by donor skin and, eventually, grafts of his own skin harvested from his few unburned patches. (The fire had spared his armpits, lower abdomen, inner genitals, lower back, and soles of his feet.) Believing his vision to be intact, the doctors sewed his eyelids shut to keep the skin from contracting. Sadly, they were forced to amputate his left leg and right foot, as well as both arms just above the elbow because impeded blood flow to his extremities had caused tissue death.

For weeks, Brian's body was wrapped, mummy-like, in head-to-toe bandages. The only indications that he was alive were the bleeps on the heart monitor and the repetitive whoosh of the ventilator. Throughout the entire ordeal, Brian's family stayed at his bedside and prayed for his recovery, as did their pastor and members of their tight-knit congregation. To his doctors' astonishment, Brian overcame one life-threatening crisis after another—a diseased bowel, blood disorders, and countless infections. Dr. Pulito's assisting resident, Kari Kramer, M.D., concluded that Brian's improbable survival was linked to the unceasing prayers of his loved ones. She became even more convinced after Brian escaped what appeared to be certain death from kidney failure. "I went home one night sure I would not see Brian alive again," she recalls. "The next morning, his kidneys had begun working for no evident medical reason. I truly felt I was witnessing a miracle."

Time and again, Dr. Pulito prepared the family for the worst. "I was constantly saying, 'This may be the beginning of the end,'" he recalls. "But every day, they'd say, 'He's still with us.' They were thrilled whenever he made it through another day."

In January 1996, after Brian had spent more than three weeks in a coma, doctors began to withdraw the powerful drugs that had shielded him from pain. Yet days went by with no physical response from him. An EEG

indicated little or no brain activity. Desperate for some sign that he could hear them, Haley and Jani whispered, "Stick out your tongue, Brian." After what seemed an interminable wait, Brian's tongue poked through his lips. Haley and Jani, their eyes welling with tears, repeated the request. And again, Brian pushed out his tongue.

The women demanded another EEG; this time, it showed normal activity. When Ray Sakultarawattn arrived at the hospital that night expecting to bid his younger brother a final farewell, he found a scene of jubilant celebration. More joy erupted when Brian clearly mouthed the words "I love you" to Haley.

It would take two more months for Brian to be fully weaned off the ventilator. But after recovering consciousness [illegible] his lost limbs—the nimble legs and [illegible] that had taken him on long mountain hikes, the muscular arms and hands that had been so adept at construction work. Most of all, he [illegible] the feel of Haley's hand in his and the pleasure of wrapping his arms around her petite body.

[illegible] As Brian struggled to absorb the full scope of his injuries, Haley said, "Brian, I love you very much."

"Hay," he shot back.

Haley was stunned by his acid tone, so uncharacteristic of the man she had known. Jani asked, "Brian, if this had happened to Haley instead of you, would you still love her?"

"Yeah," he answered quietly.

Brian cried for a while, mourning

But a flicker of his trademark impish humor soon peeked through. "Guess this means you won't have to buy me a wedding ring," he teased Haley.

"Yes, I will," she said. "And you're going to wear it around your neck!"

But one more agonizing loss would follow. The doctors had been confident that Brian's vision would return once the effects of the coma drugs wore off. But a week after regaining consciousness and having his bandages and stitches removed CONTINUED



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Haley thrives on mothering son Keston (shown here) and daughter Malee Sue

to procedure the next [illegible] Jani and [illegible] glimpses of [illegible] looked [illegible] like a [illegible] sore [illegible] to [illegible] had no reaction.

Dr. Pulito theorized that the intense swelling and tissue damage from the burns had kept blood from reaching Brian's retinas, most likely causing blindness within 48 hours of his accident. Early tests had shown Brian's retinas to be pale, but the ophthalmologist had attributed this condition to the young man's Asian heritage. Now it was apparent that the paleness had been a function of blocked blood flow.

Everyone, including all of Brian's caregivers, was devastated. Throughout his ordeal, the young man had held on to the promise of his restored sight, of his happiness at once again seeing Haley and his family. Now, as he contemplated permanent darkness, the brave young man's spirits reached a new low. He lay in bed and wept bitterly. When Haley phoned her parents with the bad news, she was crying so hard no words came.

As profound and pervasive as Haley's grief was, nothing—not the horrible scarring of Brian's face, nor the amputations, nor his blindness—could shake her fierce [illegible]. She was constantly at his side. Indeed, one of the few times she left the hospital was to attend a bridal shop to pick out her wedding dress.

Observing Haley's unswerving [illegible] tion, Dr. Pulito worried that the 19-year-old had painted herself [illegible]

In her son's face, Haley sees the same dark hair and soft skin she remembers in Brian

corner. He wondered if she fully grasped the enormity of Brian's handicaps and their effect on the life they had envisioned. Perhaps all she needed was someone's loving permission to break off the engagement. The doctor confided his concerns to Jani.

"We wouldn't have thought less of Haley if she'd made that decision," says Jani. "But her position was very clear. She told me once, 'I don't care what Brian can or can't do. I just want to be able to talk to him.' But I did tell her mom, 'If Haley decides she can't deal with this, we'll understand.'"

"I told Jani that it wasn't just Haley who was in love with Brian—her dad and I were, too," says Brenda. "It would have ripped us apart to just suddenly turn him loose."

Brian still wanted to get married, but he, too, worried that Haley had been put in an impossible position. Yet he also understood that her willingness to sacrifice was part of who she was—and what he loved about her. "We believe that love isn't something you turn on and off when it's convenient," he says. "It is a decision, not just a feeling."

So he asked her, "Are you sure you want to get married?"

"Yes," she said, without hesitation.

After seven months in the hospital, Brian came home. The wedding was still on—with Dr. Pulito's blessing. "Brian is a lucky man," he says. "He has someone who loves him for him." The fact that Brian's ability to father children was intact meant that the couple could have the family they'd always planned. "A dad is there for love and support," says Dr. Pulito. "Brian can do that."

The couple married on November 1, 1997. Brian's father, his best man, placed the wedding ring on Haley's finger; she slipped a chain holding Brian's ring around his neck. As Brian, wearing leg prostheses beneath his tux and guided by Haley's hand on his upper arm, walked down the aisle with his bride, radiant in white taffeta, many of the 450 guests sobbed quietly. Suddenly, Haley's brother Rusty and two of her uncles burst into a silly song—"Loving You Lots and Lots," from the movie *That Thing You Do!* The tension was broken and guests began laughing through their tears.

The couple's first home was an

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Quick Chicken Stir Fry

apartment attached to his parents' house. With the occasional help of visiting nurses, Haley became Brian's primary caregiver. (The couple's income is provided by Oregon State workers' compensation.) Besides bathing and feeding him, she learned to cleanse his wounds, change his dressings and help with his daily stretching exercises.

Before the accident, Brian and Haley had dreamt of living a simple life that included frequent hikes and camping trips. Brian had already begun building a log cabin where the young couple planned to live. "I thought my life was all planned out," Brian says. "While my body was burning, I remember thinking, Guess I was wrong."

During Brian's long stay in the hospital, a local newspaper ran an article about the couple, which mentioned that Brian had poured the foundation for a cabin he would now never finish. Deeply moved by Brian's story, Lori Albert, a firefighter in St. Helen's, decided to enlist the services of her fellow volunteers in building the house. Eventually, hundreds of people from the community contributed money, materials and labor to the project that Albert dubbed "Brian's House: a Foundation of Faith."

Two years later, the "cabin" (which had morphed into a 2,200-square-foot house) was ready, fully customized for Brian's needs: A battery-powered lift carries him in a sling from the master bedroom to the bathroom with its roll-in shower. Another room holds exercise equipment. In a sling, Brian bounces on a trampoline for cardio exercise and does crunches and leg lifts. (He also goes to a local gym with a caregiver several times a week to work on strengthening machines.)

The couple soon fell into a comfortable routine of church activities, entertaining and grooming. Brian, who had worked as a cook at his father's restaurant, provides tips as Haley prepares the meals that she feeds him. For diversion, he listens to music or books on tape and in the summer they drive to campgrounds where they stay in a tent and Brian fishes, courtesy of a contraption that lets him activate an electric reel with the end of his arm.

> "Brian is who God chose for me. The fire didn't change that. He's still Brian"

Brian's ability to maintain a positive outlook and to avoid bitterness and depression is a near-miracle. Haley, however, acknowledges that she has down days, when the "if onlys" flood her mind. "I sometimes wonder, What if I had chosen differently?" she admits. "I'll see married couples, and I'll miss all the stuff we used to do, like hiking. I'll think of where I could be or all the fun I could be having. But I also think, How would I feel if I'd left him? Besides, I already knew that Brian was who God had chosen for me, and what happened didn't change that. He's still Brian."

Her greatest sorrow, she says, is that he can't see. So she describes herself to him, detailing her outfits and changes in her hairstyle. She paints a verbal picture of the world around them—the landscapes changing with the seasons, the growth of their garden and even the new models of cars. In return, Brian lightens her days with his irreverent humor. "Can you help me out?" he'll ask her. "I'm a little short-handed."

His humor is a tonic, but nothing has revitalized Haley as much as becoming a mother. The moment Keston, born on August 22, 2001, was placed in her arms, Haley felt as if her husband had been reborn. In her son's face she sees the same almond eyes, dark hair and soft skin that she remembers in Brian.

In autumn 2002, the couple had another scare: Brian's kidneys suddenly failed. He began dialysis but needed a kidney transplant to survive. Luckily, his sister, Linda Mitts, was a perfect match. That November, she donated a kidney to her little brother.

The procedure (Brian's 43rd surgery since the accident) was a success for both siblings. Once again, Brian's indomitable spirit had vanquished a grave threat to his life. A year and a half later, he remains healthy and pain free, taking only anti-rejection drugs for the transplant. Last summer, the couple had more good news: the birth of their daughter, Malee Sue.

Brian and Haley feel they have immeasurable riches to share with their children—a wealth of wisdom that was forged in a fire. "We will encourage Keston and Malee to be grateful, to not take things for granted," says Brian. "We want them to keep what's important always in focus."

The most profound lessons, of course, will require no words. The sheer example of the couple's life together will teach their children all they'll ever need to know about faith, commitment and the power of love.

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When life gets too hectic to breathe, sometimes you've just got to make time to hug

Love Circle

Twenty years ago, when my children were 2, 4 and 6, our lives took a sudden turn. My husband and I divorced, and I went back to work. Days got hectic; the children and I were out of the house by 7 A.M., and we wouldn't be reunited until 7 each night. Dinner, homework and baths all had to be squeezed into the short time before bed. One night, feeling a little desperate that I was losing touch with my kids, I gathered them around me on the floor in a circle. I asked them each to tell me what had made them happy that day and what had made them sad, and they jumped at the opportunity to share their thoughts. Borrowing an idea from the end of Brownie troop meetings, I suggested we hold hands and sing a song. Bonnie, my oldest, objected, saying, "But Mom, this isn't a Brownie circle, this is a love circle." And with that, our Love Circle tradition was born. It was how we ended each day of their childhoods, though it recently occurred to me that our Love Circle continues. Despite living in different cities, our family still communicates daily by phone and e-mail. This two-decades-old tradition is the [illegible] connection we have with each other.

MARTHA ROSE, DALLAS

[illegible] ritual of your own you'd like to see featured [illegible] story to lhj.familyrituals@meredith.com. We'll [illegible]



Bring the Outside in: We found these vintage shutters at a local flea market, but you can also use new ones from a hom supply store. To hang, attach a length of heavy-duty wire to eye hooks on the back of each shutter, then suspend from picture hooks designed to hold up to 50 pounds each.

Added Architecture: For an architecturally inspired look, we hung a painted white bookcase on the wall (screwed into the wall from the top edge) and flanked it with a pair of antique columns we found at a salvage yard. The upper shelves are perfect fo displaying favorite objects, while the lowest one takes the place of a nightstand by keeping the alarm clock and other everyday items within easy reach.

New Ways to

For most people, their bed is more than just a place to sleep. Maybe it's where everyone gathers to snuggle under the covers and watch videos on cold Saturday mornings, or where you like to go solo to read and unwind. And if you're like most people, you want the look of your bed—piled high with pillows, or neat and crisp—to reflect your own personality. Of course, the bedding itself is only part of it; indeed, what stands behind the bed is what first catches the eye. But many people don't utilize the wall above the bed as the valuable real estate it is to achieve a mood in their room.

Fortunately, you don't have to spend huge sums of money to give your bed a dramatic focal point. We scoured flea markets, salvage yards, home supply stores, tag sales, craft supply shops and even old family photo albums to come up with the creative ideas on these pages. There's a look to fit every taste—from contemporary to country, from spare and simple to luxurious. At the end of the day, you'll be sleeping pretty.



Love Your Bed

The wall above your bed is prime real estate. Use it to create the mood that suits you best

PHOTOGRAPHED BY MICHAEL HARTE

PRODUCED BY KIERAN JUSKA AND DONNA TALLEY



Well Tailored: To create this modern yet gracious look, we set a rough textured, burlap-covered headboard against a traditional backdrop of ivory and beige damask wallpaper. To do it yourself, go to a home supply store and have a ¾-inch-thick piece of plywood cut to your desired dimensions (for this full-size bed, we used a piece 5 feet wide by 4 feet high). Wrap a layer of batting (available at sewing stores) around both sides of the board and secure it in place with a staple gun, then lay the board on a length of burlap with about 4 inches of overhang on each side. Pulling each side evenly as you go, secure burlap to the back of the board with a staple gun. Finish off with two lengths of ribbon crossed in the center of the board and secured in the back with hot glue. Add a length of heavy-duty wire to eye hooks at either end of the board, and hang from two picture hooks designed to hold 100 pounds each. CONTINUED


MOLD
Tilex kills mold dead.
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1



2



3

1 Picture Perfect: Keep loved ones close *and* achieve a sleek look by mining your photo albums for decorating inspiration. Choose your favorite black-and-white photos and have them blown up at a copy shop to fit 16" x 20" ready-made black frames. For an extra hit of color, mount the photos on archival art paper. We chose a citrus green that matched the wall color, and cut the edges of the photos with pinking shears. Toile shams from J.C. Penney have a modern look when mixed with Pine Cone Hill's lime-green quilt and houndstooth blanket from Garnet Hill.

2 Cozy Alcove: If you're lucky enough to be able to create an alcove hideaway, capitalize on the snug factor with floral fabric. It's easy to do: Upholstered headboards are available at furniture stores, or you can have one custom-made in your choice of material.

3 Screened and Serene: Don't shy away from using accent pieces, like this fabric-covered decorative screen, in unconventional ways. You can choose a ready-made one, just be sure your pick is constructed from fabric-covered solid wood panels (hollow-framed screens are too delicate to lean against). Or, for a textured look, choose one made from a solid material, like woven wicker, wood or bamboo.

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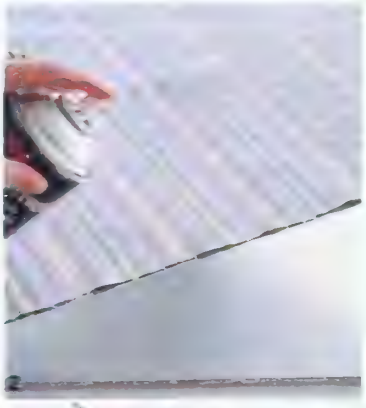
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So It All Hangs Together

This handy family organizer board is as easy to make as it is pretty to behold

A kitchen fridge virtually covered with school schedules and invitations. A hall table with stacks of unopened mail. A desk with a pile of bills growing distressingly high. If these images describe your home, it's time to do something to impose order on the chaos. Our do-it-yourself solution? An organization board that will get your family running like a well-oiled machine in no time.









Step-by-Step

Step 1: You'll need a piece of metal from a home-supply store with holes punched in two corners; foam core of the same dimensions; felt; felt letters; lightweight fabric; paper; craft glue; spray adhesive; magnetic packing tape (all available at craft stores). Attach the foam core to the metal board with packing tape. Punch holes to match those in the metal. **Step 2:** Spray the other side of the metal adhesive, then press down fabric, leaving 3 inches hanging over on all sides. Fold and tape to the foam core. **Step 3:** Cut felt rectangles for storage pockets and decorate with felt letters. Attach to the board with craft glue. Glue days-of-the-week labels and attach magnetic clips.



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"Habitat Became Our Family"

They narrowly survived the "killing fields" of their native Cambodia, only to struggle fiercely as American immigrants. Then Habitat made a new home for them possible

BY RONNY FRISHMAN







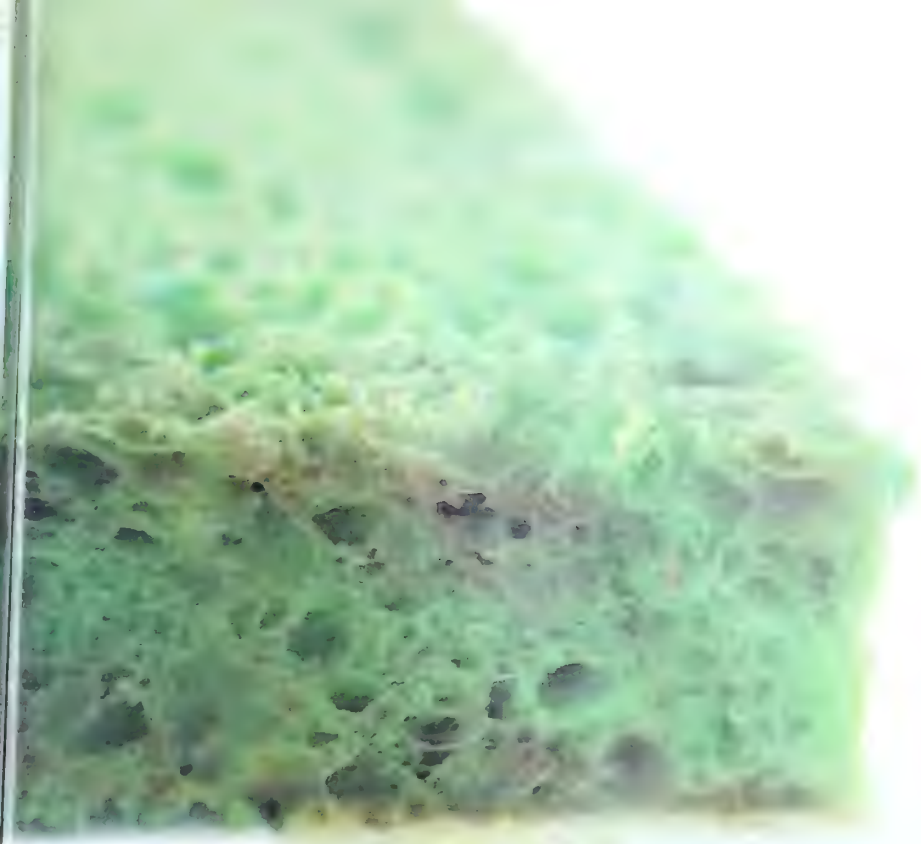


Darren Pen (above) with sons Michael and Samuel (top left) and daughter Krischel (top right); the proud family on the porch of their new home in Tacoma (right)

Like many immigrants to the U.S., Darren and Christina Pen struggled for years to carve out a decent life for their three children. But even at their darkest moments—including the times they were mugged and drug dealers set up shop outside their home—they never complained. No hardship could compare to the violence they had survived in the "killing fields" of Cambodia.

Darren was 15 and living in Cambodia's capital, Phnom Penh, in 1975, when the communist Khmer Rouge seized power and [illegible] cities, forcing Darren, his father, his pregnant mother and two younger sisters to join millions in the march to the countryside. After a month on the road, where food and water were scarce and bodies dotted the landscape, Darren's family was ordered to settle in a remote area. "It was most difficult," Darren says, recalling how people, desperate to build shelter, fought over palm leaves and bamboo. "You did what you could to survive." Darren toiled in the fields all day and attended political indoctrination sessions at night. His mother delivered a baby boy, who died within days. His father grew weak and ill from hunger and overwork.

But the worst was yet to come. One day, Darren greeted a village Khmer chief by calling him "teacher"—forgetting that the word had been banned; for that transgression, he was arrested, tied upside down and left hanging overnight. Sent to a prison camp, he watched in horror as soldiers led detainees into the jungle—the infamous Cambodian "killing fields"—and beat them to death. Darren decided to flee, even though the only escape route was across a large pond and he couldn't swim. "I walked in up to my nose, and when I woke up, I was on the other side," he says, assuming he fell unconscious and floated across. He was quickly recaptured by Khmer Rouge troops, who buried him in a hole up to his neck; but Darren again cheated death when, after several days, he was saved by a Good Samaritan, a disillusioned CONTINUED



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From left: Samuel, Krischel and Michael

parents' village, where he learned that his entire family—save for his teenage sister, Rina—had perished.

By 1979, when the Vietnamese toppled the Khmer Rouge regime, an estimated 1.7 million Cambodians had died. Darren returned to Phnom Penh and got a job at the airport [illegible] Christina; they married in 1984 and moved in with her parents. Cambodia was still a perilous place, and many were trying to flee. "There were patrols all over," says Christina, "and if they caught you, they would kill you." Still, Darren agreed at great risk to escort a friend's wife and children to a refugee camp five miles away on the Thailand border; he also took Rina, hoping to give her the chance of a better life. But when the group reached the camp, he was accused of being a Cambodian spy and forbidden to return to Phnom Penh.

Darren managed to pay Cambodian smugglers to bring Christina to him. The couple was sent to a United Nations refugee camp in Thailand, where they lived for five years; daughter Krischel and son Michael we born during their stay. Conditions were squalid, but Darren learned English there and received training as a nurse and physical therapist; he and Christina, both Buddhists, also joined the Seventh Day Adventist Church. In 1989, after U.S. immigration officials finally granted them permission to resettle here, they relocated to Olympia, Washington, with the help of international relief agencies, but soon moved to Chicago, where Darren won admission to a theological institute. The family, which now





included baby Samuel, lived in a small, rat-infested apartment, and relied on food stamps to get by.

Darren completed his studies in 1992, and the Pens returned to Washington so he could be a pastor in a Cambodian congregation in Tacoma. The Pens found an apartment where they got a break on rent by serving as on-site managers. But when the city condemned the building, they rented a one-bedroom home in an area rife with drugs and gangs. "I was so scared," says Christina. "I wanted to move, but we didn't have the money."

They longed for something better—"a good place for our children," Christina says. Darren had heard about Habitat for Humanity, and the family applied in June 1998; they were approved a month later. Construction began that month, and the Pens began their required 500 hours of sweat equity. Dad, Mom and Krischel, then 13, did the heavier work, while Michael, 11, and Samuel, 8, helped paint. At first, the Pens felt guilty when they saw senior citizens and retirees laboring on their house ("It's disrespectful in our culture," says Darren), but they soon embraced the volunteers. "We became a family," he says. The Pens moved into their dream house right before Christmas. Darren planted roses and fruit trees in the yard, and set up a basketball hoop for the boys.

The Pens had never planned on coming to America. Today, however, they cannot say enough about the country that has opened so many doors for them. "War took everything from us, but America restored our hope," says Darren. Christina, 38, is studying accounting at a technical college; Krischel, 18, started at the University of Puget Sound this year on a scholarship; and the boys are thriving in middle and high school. Darren, 43, has become well known for his community service. (His sister, Rina, now lives in Long Beach, California, with her husband and four children.) Still, he can never forget his past. Darren visits Cambodia yearly to do missionary work, and he hopes someday to work with a Habitat program there. "It's taught us how to care for others," he says. "I want to see that happen in Cambodia, too."

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A Life-Saving Family Tree

A family tree can tell you when Aunt Louisa was born, but not what caused her to pass away—and that information could save your life. Knowing which diseases relatives died of may help you avoid getting them yourself, says Cynthia M. Powell, M.D., associate professor of pediatrics and genetics at the University of North Carolina at Chapel Hill. Look for cancer, especially breast and colorectal cancers, heart disease, stroke and type 2 diabetes. Also look for patterns, such as the same illness in more than one relative.

"If you see a pattern, tell your physician, so you can get screenings," says Dr. Powell. For some illnesses, genetic testing can determine whether you carry the gene that could have led to the illness in a relative.

If you have trouble finding a relative's cause of death, write her state's bureau of vital statistics to request a death certificate. Older death certificates may contain vague information. For example, "dropsy" may refer to congestive heart failure, and "tumor" can refer to any type of cancer. To find out more about collecting a family medical history, go to the American Medical Association's Web site: *www.ama-assn.org/ama/pub/category/2380.html.*

—Judi Gracy

Ovarian Cancer Warning

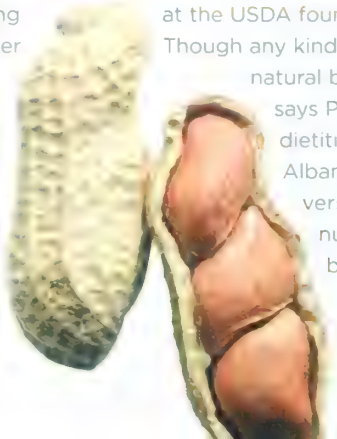
Q: I recently heard about a blood test called CA-125 that detects ovarian cancer. Is this a test all women need?

A: "We don't recommend CA-125 tests routinely because of the likelihood of false positives," says Robert Ozolf, M.D., an oncologist at the Fox Chase Cancer Center, in Philadelphia. CA-125 is a protein produced by ovarian cancer cells, but CA-125 levels can be high for other reasons, such as endometriosis, or even having your period. Your doctor may use an ultrasound to investigate, but surgery is the only way to confirm a diagnosis. "If you acted every time CA-125 results were abnormal, you would have to do 70 surgeries to pick up one case of ovarian cancer," Dr. Ozolf says. *—Maureen Kennedy*

Send us your health questions: askthedoc @ meredith.com

THE HEALING POWER OF PEANUT BUTTER

Want to relive childhood and do something good for your health? Have a peanut butter sandwich. The heart-healthy unsaturated [illegible] peanut butter may reduce the risk of cardiovascular disease 21 percent and lower LDL cholesterol 14 percent, according to researchers at Pennsylvania State University. Although grocery-store brands have gotten a bad rap for [illegible] researchers at the USDA found that the amounts are negligible. Though any kind of peanut butter is high in calories, natural brands do contain slightly less sugar, says Patricia Kearney, a registered dietitian for The Peanut Institute in Albany, Georgia. Just avoid reduced-fat versions, which have about the same number of calories as regular peanut butter but less healthy fats and more sugar. *—Karen Asp*



WHEN IT COMES TO GOOD HEALTH, YOU PROBABLY KNOW A THING OR TWO MORE THAN YOUR HUSBAND.

...AS USUAL.



Believe it or not, in a recent survey, 89% of men admitted they're not exactly sure where their prostate gland is. And another 69% don't have a clue about its purpose or importance.

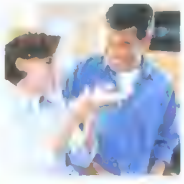
Women interviewed for the same study, across the board, knew more about the prostate. (Not that you should find this surprising.)



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You know that stressful feeling: the tightening of your neck muscles that brings your shoulders a little closer to your ears, the churning feeling in the pit of your stomach. Maybe you even notice your breath quicken and become shallow. But whatever the short-term symptoms, the long-term toll of stress is greater: High blood pressure, obesity and even heart disease risk can increase. Try these steps to interrupt the cycle of stress and stop it from sidelining you.

3 Surprising Stress Busters

You can be on the road to relaxation faster than you think

Breathe deeply. Taking 15 minutes to breathe deeply just once a day can lower blood pressure in people suffering from hypertension, according to a recent study published in the *American Journal of Hypertension*. The next time you're feeling the effects of stress, try inhaling deeply as you slowly raise your shoulders up to your ears. As you exhale, let your shoulders sink down away from your ears. Repeat this five times and bask in the feeling of relaxation.

Get a massage. If you're stressed to the point where your neck muscles are screaming, you probably feel like booking a massage. But doing neck-strengthening exercises instead can relieve your pain—and may even prevent the pain from coming back, according to research in the *Journal of the American Medical Association*. Lie face-up and gently lift your head, then lower it for three sets of 20 repetitions three times a week.

Plant flowers. The best time to stop stress is before it starts. Fortunately, this may be easier to do than it seems, according to a study at Kansas State University, in Manhattan, Kansas. Women who kept brightly colored flowers in their work spaces, researchers found, were less stressed than women who kept simple green plants without flowers, or no plants at all. The reason? It's possible that brightly colored flowers capture our attention, giving us a quick mental break from the negative feelings that lead to stress, says Eunhee Kim, Ph.D., lead researcher in the study. So fill your office with flowers, particularly colorful ones such as gerbera daisies. Or plant a pot of African violets or chrysanthemums for a stress reliever with blooms that last longer.

—Alison Stein Wellner

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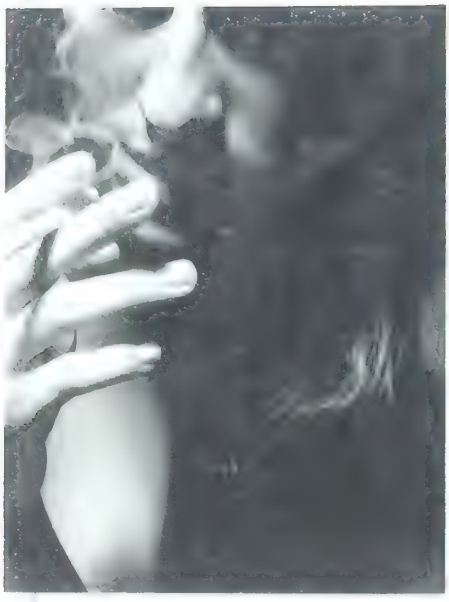

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THE HEART OF THE HEART, PART ONE

A Silent Killer

Too many women—and even doctors—are still surprised that heart disease is the leading cause of death among women. In part one of our three-part series, learn to recognize the little-known symptoms, and how to get life-saving care

By Lisa Collier Cool





When Sue Bullers began to feel ill on October 22, 2002, she wasn't overly worried. Her shoulder ached, and she felt nauseous and exhausted, so the 39-year-old single mom from Grinnell, Iowa, went to bed early, figuring she'd feel better after a good night's sleep. When she woke up in the middle of the night with a feeling of heaviness in her chest, she wrote it off as one of her usual bouts of heartburn. But the next morning, she vomited and felt dizzy. She called her doctor, and a nurse advised her that if she was feeling "really bad," she should go to the emergency room.

That sounded extreme to Bullers, who at this point thought she might have gotten the flu, so she decided just to stay home from her job as an instructor at a group home for mentally impaired adults. A few hours later, as she was making a sandwich for her 4-year-old daughter, Tavlor, she felt dizzy again and suddenly passed out on the floor. Taylor threw herself on top of her mother and started slapping her face, screaming, "Wake up, Mommy!" That almost certainly saved Bullers' life, since she revived enough to crawl to the phone and call for help.

At the hospital, doctors CONTINUED ON PAGE 162

Photographs By Lisa Spindler



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Abuse of amphetamines may lead to dependence. Report any new psychological symptoms to your physician.

Please see brief summary of prescribing information on adjacent page. For more information, consult your physician

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Years of Age

Geriatric Use

ADVERSE EVENTS

es, and ECGs. Advers

Adverse events associated with discontinuation of treatment

Adverse event	
	2%
Insomnia	1%
Emotional lability	1%

Adverse events occurring in a controlled trial

patients treated with ADDERALL XR or placebo are presented in the table below. The prescriber should b

medical practice where patient characteristics and other factors differ from those which prevailed in the clinic

investigations involving different treatments, uses, and investigators. The cited figures, however, do provid

the prescribing physician with some basis for estimating the relative contribution of drug and non-drug factor

to the adverse event incidence rate in the population studied.

Table 1 Adverse Events Reported by More Than 1% of Patients Receiving ADDERALL XR with Highe

Incidence Than on Placebo in a 584 Patient Clinical Study

Body System	Preferred Term	ADDERALL XR* (N=374)	Placebo (N=210)
General	Abdominal Pain (stomachache)		10%
	Accidental Injury		
	Asthenia (fatigue)		
	Infection		2%
	Viral Infection		
Digestive System			
	Diarrhea		
	Dyspepsia		1%
	Nausea		3%
			4%
Nervous System	Dizziness	2%	
	Emotional Lability		
	Insomnia		
		6%	
Metabolic/Nutritional	Weight Loss		0%

chronic amphetamine use. Central Nervous System: Psychotic episodes at recommended doses overstimulation, restlessness, dizziness, insomnia, euphoria, dyskinesia, dysphoria, tremor, headache

unpleasant taste, diarrhea, constipation, other gastrointestinal disturbances. Anorexia and weight loss ma occur as undesirable effects. Allergic: Urticaria, Endocrine: Impotence, changes in libido. **DRUG ABUSE AN DEPENDENCE** ADDERALL XR is a Schedule II controlled substance. Amphetamines have been extensive

following prolonged high dosage administration, results in extreme fatigue and mental depression; changes ar

dermatoses, marked insomnia, irritability, hyperactivity, and personality changes. The most sever

OVERDOSAGE Individual patient response to amphetamines varies widely. Toxic symptoms may occu

Cardiovascular effects include arrhythmias, hypertension or hypotension and circulatory collaps

is include nausea, vomiting, diarrhea, and abdominal cramps. Fatal poisoning

by convulsions and coma. Treatment: Consult with a Certified Poison Control Center for up

and advice. Management of acute amphetamine intoxication is largely symptomatic an

salts from ADDERALL XR, should be considered when treating patients wit

F) [see USP Controlled Room Temperature]. Manufactured by DSM Pharmaceuticals Inc., Greenville, North Carolina 27834. Distributed and marketed by Shire US Inc., Newpor

Information for Patients

Drug Interactions

reserpine, glutamic acid HCl, ascorbic acid, etc.) lower absorption of amphetamines. *Urinary acidifying*

Both groups of agents increase blood levels and therefore potentiate the actions of amphetamines. *Antidepressants, tricyclic*—Amphetamines may enhance the activity of tricyclic antidepressants or sympathomimetic agents; d-amphetamine with desipramine or protriptyline and possibly other tricyclics

of norepinephrine and other monoamines from adrenergic nerve endings; this can cause headaches and other signs of hypertensive crisis. A variety of toxic neurological effects and malignant hyperpyrexia can occur, sometimes with fatal results. *Antihistamines*—Amphetamines may counteract the sedative effect of antihistamines. *Antihypertensives*—Amphetamines may antagonize the hypotensive effects of

inhibiting the central stimulant effects of amphetamines and can be used to treat amphetamine poisoning.

blocks dopamine receptors, thus inhibiting the central stimulant effects of amphetamines. *Lithium carbonate*—The anorectic and stimulatory effects of amphetamines may be inhibited by lithium carbonate.

Amphetamines may delay intestinal absorption of phenobarbital; co-administration of phenobarbital may produce a synergistic anticonvulsant action. *Phenytoin*—Amphetamines may delay intestinal absorption of

propoxyphene overdosage, amphetamine CNS stimulation is potentiated and fatal convulsions can

Drug/Laboratory Test Interactions

Carcinogenesis, Mutagenesis, and Impairment of Fertility

maximum recommended human dose of 30 mg/day on a mg/m² body surface area basis. Amphetamine, in

Pregnancy

Nonteratogenic e

Shire

from
Community
edical Centers

resno, California

A Wake-up Call for Women About Heart Disease



Cardiologist Catherine Winchester, M.D., of Community Medical Centers, wants women to be aware of the risks of cardiovascular disease.

Most women don't realize that heart disease is their number one killer. They're startled to earn that 500,000 women die each year rom heart disease, while 250,000 die rom a combination of all cancers — ncluding breast cancer.

And that's not all. More women than nen die from heart disease and women generally fare worse than nen in all forms of treatment. Women need to know that heart disease isn't just for men.

That's the message cardiologist Catherine Winchester, M.D., of Community Medical Centers in Fresno, CA., wants women to know.

"The importance of educating women about the risks they face from heart disease cannot be underestimated," Dr. Winchester emphasizes. "Women must take a proactive role in their health."

Knowing Your Risk Factors

Hypertension, high cholesterol, diabetes and obesity all increase a woman's risk for heart disease. At Community Medical Centers, experts like Dr. Winchester are helping women identify and modify their risks. Through its preventative screenings, smoking cessation programs, weight control classes and a comprehensive fitness center, Community Medical Centers actively strives to increase women's awareness about heart disease.

Taking Your Care to Heart

Women are often unaware that their symptoms of heart disease differ from those of men.

"Women need not be taken for granted because they have vague symptoms like fatigue or nausea," Dr. Winchester said. "It's important to pursue the cause of the symptom and root out the problem."

At Community Medical Centers, great emphasis is placed on getting to the cause of heart disease and providing fast, efficient treatment. So much so that Community Medical Centers has opened a center dedicated solely to the prevention and care of heart disease: The Heart Institute at Community.

On the forefront of medical technology and advanced treatments, the Heart Institute at Community performs more than 100,000 heart procedures every year.

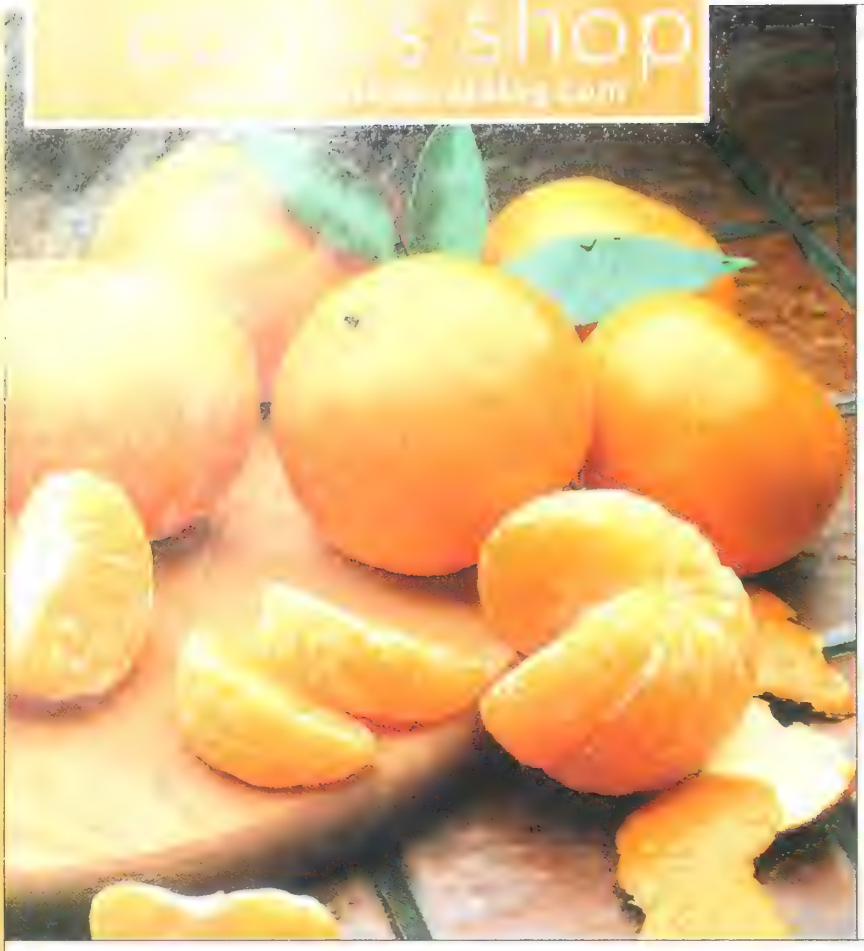
Patients who come to the emergency department complaining of chest pain are a priority and are immediately assessed by a team that specializes in cardiac care. Because the Heart Institute embraces a full continuum of care — from prevention through treatment, rehabilitation and home health services — patients are given the ongoing support needed to overcome heart disease and live happy, healthy lives.

The Care You Need

Community Medical Centers is dedicated to preventing and treating heart disease in women with the utmost of skill and compassion.

THE HEART INSTITUTE at COMMUNITY

For more information about the cardiac services of Community Medical Centers, please call 559-459-BEAT or logon to www.communitymedical.org



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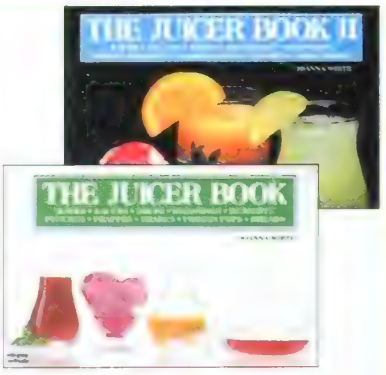
Mandoline Slicer

Use a Mandoline Slicer for recipes that call for slicing, chopping, and grating. The [illegible] has an extra sharp stainless-steel blade. With the four attachments, you can create thin to thick slices, julienne strips, or french fries. Specify NG8203. The price is $17.95



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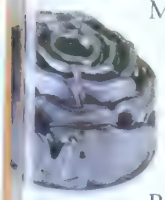


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PEOPLE FIRST

How to Tell if It's a Heart Attack

Knowing the warning signs of a heart attack could save your life. If you experience several of the symptoms listed below, call 911 immediately. Every minute you delay puts you at greater risk of heart damage. While you're waiting for the ambulance to arrive, chew and swallow, without water, a regular, full-strength aspirin tablet to help prevent blood clotting (yes, it tastes bitter, but the aspirin will get into your system faster this way). Once you get to the hospital, don't underplay your symptoms: Tell the doctors you think you may be having a heart attack and need a thorough evaluation, including an electrocardiogram (EKG) and a blood test to check cardiac enzymes. It's crucial to have both tests, because an EKG alone can miss 60 percent of heart attacks.

CLASSIC SYMPTOMS (MORE COMMON IN MEN, BUT CAN ALSO AFFECT WOMEN):

- Discomfort, fullness, tightness, squeezing or pressure in the center of the chest that lasts more than a few minutes, or comes and goes
- Chest pain that radiates to the shoulders, neck, arms or back
- Chest discomfort, accompanied by dizziness, fainting, sweating, nausea, vomiting or shortness of breath

ATYPICAL SYMPTOMS (MORE COMMON IN WOMEN, BUT CAN ALSO STRIKE MEN)

- Abdominal or stomach pain
- Dizziness, fainting, sweating, nausea, vomiting or shortness of breath *without* chest pain
- Sudden, unexplained weakness, fatigue or anxiety, especially after exercise. Also, a recent study shows that sleeplessness may be an early symptom, up to a month before a heart attack.

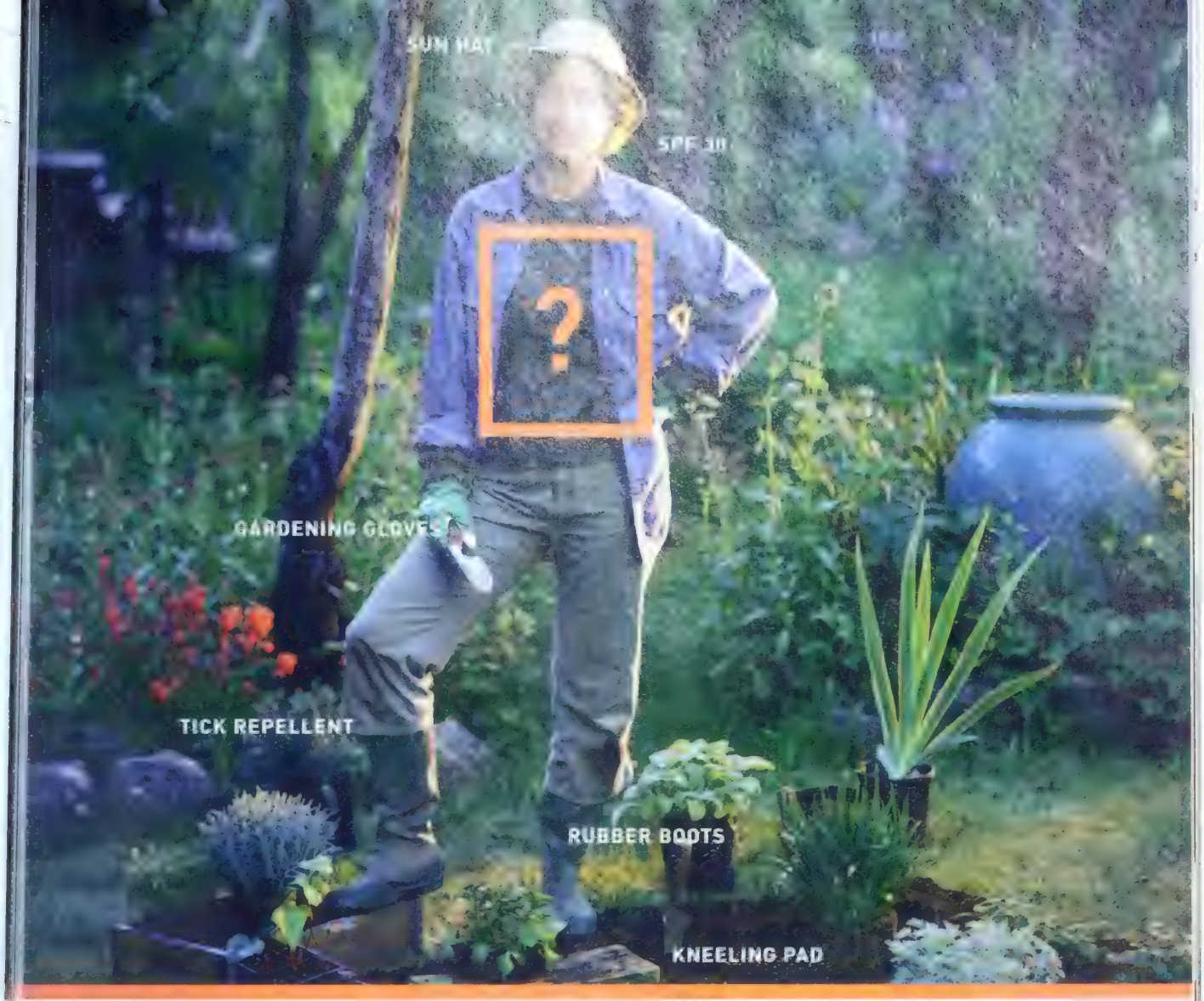
...ed to ...(which blocks the effects of adrena... ...on the heart) and an ACE inhibitor (which lowers blood pressure, thereby reducing the heart's workload). She was in the hospital nine days. (Her parents took care of Taylor.) She recovered with only minimal damage to her heart and is now back at work, yet Bullers is still shocked—and scared. Although she had several risk factors, including smoking, type 2 diabetes and being overweight, she just wasn't aware what a dangerous combination they were. "I never thought I'd have a heart attack at 39!" she says.

That thought had never crossed the mind of Andrea Lachowyn, 42, either. But when she got home from work on September 6, 2002, she suddenly felt so profoundly exhausted that she had to lie down. At the same time, the sales manager from Dublin, Ohio, started having severe pain in her arms, chest and back. She thought she might be having a reaction to a prescription medication and was frightened enough to call 911. When paramedics arrived, however, they didn't seem to take her symptoms seriously. "I got the impression that they thought it was just anxiety," says Lachowyn, a divorced mother of three children ages 5 to 15. "They didn't even check my blood pressure right away." Still, the paramedics took her to ... where she was given an electrocardiogram (EKG) and told that her heart function looked fine. Four hours later, she was sent home with a prescription for Valium.

Lachowyn slept for a few hours, but the next day her pain was even worse. She called a neighbor who was a doctor, and he examined her at his home office. Her blood pressure was very high, so he drove her to an urgent care center, where doctors dispatched her to the same ER she'd been to the night before. By now Lachowyn was in such agony she could barely move, so she was given a shot of morphine. Her father, who had made it to the hospital to be with her, didn't think that was enough. "Did you check her heart?" he demanded. That prompted doctors to do a blood test to check her level of cardiac enzymes (an EKG alone can miss 60 percent of heart attacks). The test revealed that Lachowyn, a former 15-cigarette-a-day smoker who worked long, stressful hours as an automobile sales manager, had suffered a heart attack the day before. "I couldn't believe it," she says. "And I was angry that my symptoms had been ignored. If I were a man, I wouldn't have been sent home with Valium."

Lachowyn was treated two days later with balloon angioplasty (insertion of a balloon-tipped catheter) to reopen an artery that was about 50 percent blocked, plus several medications, including aspirin and beta blockers, which CONTINUED ON PAGE 166

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WHAT ARE YOU DOING TO HELP PROTECT YOUR HEART?

You do all kinds of things to help safeguard urself. And yet, if you've had a heart attack or oke, it's important to ask your doctor if you're ing enough to help protect your heart. The Heart otection Study by Oxford University, funded in rt by Merck, researched ZOCOR.

ZOCOR is the first and only cholesterol medica- n proven to significantly reduce the risk of heart tack and stroke in people with heart disease. egardless of cholesterol level.

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ZOCOR
(VASTATI

Important considerations: ZOCOR is a prescription medicine and isn't right for everyone, including women who are nursing or pregnant or who may become pregnant, anyone with liver problems, and people who are allergic to any ingredients of ZOCOR. Unexplained muscle pain or weakness could be a sign of a rare but serious side effect and should be reported to your doctor right away. Your doctor may do blood tests before and during treatment with ZOCOR to check for liver problems. To avoid serious side effects, discuss with your doctor medicine or food you should avoid while on ZOCOR.

YOUR RESULTS MAY VARY.

ASK YOUR DOCTOR IF ZOCOR IS RIGHT FOR YOU.
PLEASE READ THE MORE DETAILED INFORMATION ABOUT ZOCOR IMMEDIATELY FOLLOWING THIS AD.

ZOCOR. It's your future. Be there.

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350248(1)(643CI-ZOC-CON

ZOCOR
(SIMVASTATIN)

CAREFUL DISCUSSIONS
WITH YOUR DOCTOR. ONLY YOUR DOCTOR HAS THE TRAINING TO WEIGH THE RISKS AND BENEFITS

Women of childbearing age should not take ZOCOR unless it is highly unlikely that they will become pregnant. If a woman does become pregnant while on ZOCOR, she should stop

Women who are breast-feeding

WARNINGS

Muscle: Tell your doctor right away if you experience any unexplained muscle pain, tenderness, or weakness at any time during treatment with ZOCOR so your doctor can decide if ZOCOR should be stopped. Some patients may have muscle pain or weakness while taking ZOCOR. Rarely, this can include muscle breakdown resulting in kidney damage. The risk of muscle breakdown is greater in patients taking certain other drugs along with ZOCOR:

- Cyclosporine, itraconazole, ketoconazole, erythromycin, clarithromycin, HIV protease inhibitors, the antidepressant nefazodone, or large quantities of grapefruit juice (>1 quart daily), particularly with higher doses of ZOCOR.
- Gemfibrozil, other fibrates, or lipid-lowering doses (≥1 g/day) of niacin, particularly with higher doses of ZOCOR.
- Amiodarone or verapamil with higher doses of ZOCOR.

The risk of muscle breakdown is greater at higher doses of simvastatin.

Because the risk of muscle side effects is greater when ZOCOR is used with the products listed above, the combined use of these products should be avoided unless your doctor determines the benefits are likely to outweigh the increased risks.

If your doctor determines that the benefits of combined use of ZOCOR with gemfibrozil, other fibrates, or niacin likely outweigh the increased risk of muscle problems, the dose of ZOCOR should not exceed 10 mg daily. No more than 10 mg/day of ZOCOR should be taken with cyclosporine.

The combined use of verapamil or amiodarone with doses above ZOCOR 20 mg should be avoided unless your doctor determines the benefits outweigh the increased risk of muscle breakdown.

Your doctor should also carefully monitor for any muscle pain, tenderness, or weakness, particularly during the initial months of therapy and if the dose of either drug is increased. Your doctor also may monitor the level of certain muscle enzymes in your body, but there is no assurance that such monitoring will prevent the occurrence of severe muscle disease.

The risk of muscle breakdown is greater in patients with kidney problems or diabetes.

If you have conditions that can increase your risk of muscle breakdown, which in turn can cause kidney damage, your doctor should temporarily withhold or stop ZOCOR. Also, since there are no known adverse consequences of briefly stopping therapy with ZOCOR, treatment should be stopped a few days before elective major surgery and when any major acute medical or surgical condition occurs. Discuss this with your doctor, who can explain these conditions to you.

Liver: About 1% of patients who took ZOCOR in clinical trials developed elevated levels of some liver enzymes.

Your doctor should perform routine blood tests to check these enzymes before you start treatment with ZOCOR and thereafter when clinically indicated. Patients titrated to the 80-mg dose should receive an additional test at 3 months and periodically thereafter (eg, semiannually) for the first year of treatment

PRECAUTIONS

Drug Interactions

Central Nervous System Toxicity; Cancer, Mutations, Impairment of Fertility:

Pregnancy:

Nursing Mothers:

WHEN ZOCOR SHOULD NOT BE

Pediatric Use: ZOCOR

Geriatric Use:

SIDE EFFECTS

Most patients tolerate treatmen

studies because of side effects. In 2 large, 5-year studie

patients taking ZOCOR experi

atients taking placebo (sugar pills). Some

the side effects that have been

Digestive System:

nach, gas, heartburn, stomach pain/cramps, anorex

Muscle, Skeletal:

Nervous System: Dizziness, headache, insomnia, tingling, memory loss, damage to nerves causing wea

Skin: Rash, itching, hair loss, dryness, nodules, discoloration

Eye Senses:

Hypersensitivity (Allergic) Reactions

that could result in anemia, infection, or blood clotting problem

Other

Laboratory Tests

NOTE: This summary provides important information about ZOCOR. If you would like mo
information, ask your doctor or pharmacist to let you read the prescribing information ar
then discuss it with them.

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What happened to Bullers and [illegible], unfortunately, not that unusual. Many doctors still consider coronary artery disease (CAD, also known as coronary heart disease, essentially a narrowing of heart arteries due to buildup of fatty deposits called plaques) mostly a concern for men. Yet it's the No. 1 cause of death in Americans of both genders, eventually afflicting one-third of women and nearly half of men, and killing in similar numbers (255,000 American women lose their lives to CAD each year, compared with 261,000 men). In many cases, heart attack is the first symptom of heart disease that's been developing for decades.

Yet symptoms in women are still poorly understood and often go unrecognized and untreated. "Women's symptoms are definitely more likely to be missed or misinterpreted than those of men," says Marianne Legato, M.D., professor of clinical medicine at Columbia University College of Physicians & Surgeons and the founder and director of the Partnership for Gender-Specific Medicine at Columbia University, in New York City. "Significant numbers of physicians still believe women are more likely to die of breast cancer than cardiovascular illness and consider heart disease a man's province."

The typical woman is no more enlightened. Only 9 percent of women ages 45 to 64 name heart disease as the condition they most fear—while 61 percent consider breast cancer the most dangerous threat CONTINUED

Tests That Could Save Your Life

If you haven't already, ask your doctor to screen you for heart disease at your next routine appointment. It's best to start routine screenings in your 20s, although it's never too late to start.

• **C-REACTIVE PROTEIN (CRP)** A protein found in blood that signals artery inflammation, CRP may predict heart disease in women even better than cholesterol tests do, according to a November 2002 study at Brigham and Women's Hospital, in Boston. While this blood test isn't yet part of standard heart screening, it's available from most doctors and accepted by many insurance plans.

• **CHOLESTEROL** Have your cholesterol checked every five years, ideally starting at age 20. This test tracks your total cholesterol (which should be under 200), triglycerides (200 or lower, with 150 to 199 borderline high), "bad cholesterol" LDL (less than 160 mg/dL, with 130 to 159 borderline high) and "good cholesterol" HDL (above 45; 60 or more lowers risk). The latest thinking is that even borderline-high cholesterol or triglycerides should be treated with lifestyle changes or, in some cases, medication.

• **BLOOD PRESSURE** Have it checked annually. Previously, blood pressure below 140/90 was considered normal. Under new guidelines, people with pressure between 120 and 139 systolic (the top number in the reading) or 80 and 89 diastolic (bottom number) are considered to have "prehypertension" and should make lifestyle changes. Those with blood pressure of 160/100 or higher are usually put on medication.

• **BLOOD GLUCOSE** Have your blood glucose checked every three years starting at age 45, or earlier and more often if you have a family history of diabetes. Diabetes is a particular heart disease risk factor for women—increasing heart-attack danger three to seven times. Diabetes is defined as a blood sugar level of 126 mg/dL, while readings of 110 to 125 are considered elevated and raise risk of both diabetes and heart disease.

• **OTHER TESTS** If you have many risk factors or are experiencing symptoms, there are more advanced screening tests you may ask about, including electrocardiogram (EKG), stress tests, echocardiography (ultrasound), angiography (X-ray and cardiac catheterization), or heart scans using electron beam tomography (EBT). These tests and more will be addressed in Part Three, coming in April.



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Maria Angeles, mother of 3

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n fact, a recent study showed that enjoying Take Control vice a day, plus changing to a diet low in cholesterol and turated fat, can lower LDL by 17%*. That's why no other pread is more effective at lowering "bad" cholesterol. And his may actually reduce the risk of heart disease.

's only natural that Maria Angeles got such spectacular results. nd you can, too. Visit www.takecontrol.com today.



Take Control® alone reduces LDL cholesterol by an average of 10%. (JT Judd, et al., Lipids 2002). Individual results may vary. **The FDA has issued a rule permitting the use of a health claim about the reduced risk of heart disease on labeling for spreads that provide at least .65 grams of vegetable oil sterol esters per serving eaten twice daily as

tember 2002 report from the Nation

stroke are even greater. CVD kills 1 in 2 women, compared with 1 in 29 for breast cancer. Indeed, CVD claims more women's lives each year than all forms of cancer combined.

Why don't women get better cardiac care? First of all, the warning signs may be missed because heart disease symptoms are subtler in women than in men. A 2002 study at the University of California, San Francisco, found that of 721 men and women treated in the ER for heart attack, 58 percent of the men had chest, arm, shoulder, neck or jaw pain, while only 41 percent of women had any pain at all. Other research shows that during a heart attack, women have a higher rate of so-called atypical symptoms, such as nausea, unusual fatigue or weakness, dizziness, heart palpitations, a cold sweat, or indigestion or gas-like pain.

Women's symptoms may also be missed because so many doctors still perceive heart disease as a man's illness, says Nieca Goldberg, M.D., chief of women's cardiac care at Lenox Hill Hospital, in New York City, and author of *Heart Advice for Women: Small Steps, Big Strategies for Preventing and Healing Heart Disease at Home*. "Even though I know better, when I think of a heart attack, I see the picture they showed us in medical school: a middle-aged businessman sweating and clutching his chest," says Dr. Goldberg. "Until several years ago, [doctors were

In a bid to do for heart-disease awareness what the pink ribbon has done for breast cancer, the National Heart, Lung and Blood Institute (NHLBI) mounted a campaign in 2002 called The Heart Truth, targeted specifically at women. It grew with The Red Dress Project in 2003, with a fashion show and an enameled red dress pin, available through the NHLBI Web site: *www.nhlbi.nih.gov/health/hearttruth*.

The American Heart Association (AHA), which collaborated on The Heart Truth, begins its own three-year awareness campaign this month. Titled "Go Red for Women," it will feature a national "Wear Red Day," to encourage people to dress in red clothing to show support. Says Rose Marie Robertson, M.D., chief science officer of the AHA, "Women need to know that you can look great on the outside, and still be a heart attack waiting to happen."

always taught, so even if they see a woman with obvious symptoms and risk factors, they may not think they're looking at heart disease. I recently treated a 42-year-old mom who was overweight and a heavy smoker, and who had consulted two doctors about her chest pain. Neither of them did any heart tests: One said she was stressed out and needed a vacation, and the other prescribed Valium. Actually, she had a 99 percent blockage of a coronary artery and was at high risk for a heart attack."

HOW WOMEN GET SHORTCHANGED

Research shows that women with heart disease also are less likely to receive potentially life-saving treatments. "After a heart attack, they're less likely to be sent to cardiac rehabilitation, or to get medications like beta blockers, ACE inhibitors or even aspirin to reduce the risk of a second heart attack," says Dr. Legato. Although nearly equal numbers of men and women get heart disease, women receive only 33 percent of angioplasties (insertion of a balloon-tipped catheter to reopen blocked vessels), stents (mesh tubes used to hold clogged vessels open) and bypass surgeries. All this may explain another deadly disparity: 38 percent of women die within a year of their first heart attack, compared with just 25 percent of men.

Until recently, doctors didn't know much about women's heart disease or the best treatments because, in the past, most major research studies were conducted on men. Indeed, women comprise only 25 percent of participants in all heart-related studies done to date, reports the National Coalition for Women with Heart Disease. "There's a Catch-22: Doctors don't use interventions like angioplasty or bypass surgery as aggressively for women as they do for men, because the effectiveness in women hasn't been studied as extensively," says JoAnn Manson, M.D., chief of preventive medicine at Harvard's Brigham and Women's Hospital, in Boston. "As a result, women with heart disease sometimes end up being deprived of treatments CONTINUED

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Meals containing at least 0.4 grams per serving of plant sterols, consumed twice a day with meals (for a daily total intake of at least 0.8 grams), as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. An 8 fl. oz. serving of Minute Maid Premium Heart Wise contains 1.0 gram of plant sterols.

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Send Us Your Hearts!

Put your heart in the right place and help raise money to fight women's heart disease. Have the kids in your life (17 and under) make a decorative heart. In a separate note, tell us the name and age of the "heart artist" and your relationship to him or her. Send it to us at the address below (one heart per family and, sorry, no hearts can be returned). For the first 20,000 hearts received, Meredith Corporation, the parent company of *Ladies' Home Journal*, will donate 50 cents each to the American Heart Association "Go Red for Women" campaign. Send your hearts to:

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HEART HEALTH
125 Park Ave.,
20th floor
New York, NY 10017

beneficial.

[illegible] women are [illegible] clinical trials—the gold standard of research—[illegible] and what doesn't. Although doctors used to think ACE inhibitors weren't as effective [illegible] 2002, The Heart Outcomes Prevention Evaluation Study of 4,480 women who had heart disease or were at high risk of getting it showed that the medication has the same life-saving effects for women as it does for men. The women who received it were 38 percent less likely to die from cardiovascular disease. Another large 2002 study at Cardiac Centers of Louisiana found that beta blockers increase survival in women just as much as they do in men.

WHY PREVENTION IS KEY

Of the 135,000 American women who have heart attacks each year, 2 percent are under age 45, and 19 percent are younger than 65. The average age for a first heart attack in women is 70.4, compared with 65.8 for men. (But if you smoke, here's another good reason to quit: Women smokers risk having a heart attack 19 years earlier than nonsmokers do.) Yet most women aren't focused on keeping their heart healthy because they're just not aware of their risks. And doctors aren't doing much to warn women of the danger. When the American Heart Association surveyed more than 1,000 women in 2000, 62 percent said their doctor had never discussed heart disease with them. That's alarming, because recent surveys conducted by several hospitals around the country show that [illegible] 80 percent of women age 40 and up have at least one risk factor for heart disease—and more than half have two. (Dr. Goldberg says the percentage is about the same for men.)

While the most serious heart hazards are the same for men and women, some affect women more. For example, type 2 diabetes and HDL of less than 40 mg/dL are particularly risky for women, says Dr. Legato. Other risk factors include high blood pressure, high cholesterol, diabetes, smoking, high stress levels, being overweight (especially having fat around the abdomen), leading a sedentary lifestyle (sitting 16 hours or more a day raises risk by 70 percent, according to a study in the *New England Journal of Medicine*) or having a family history of heart disease (especially a parent who died of it before age 55). New research shows that the immune system's inflammatory response also contributes to clogged arteries. Inflammation may be caused by bacterial or viral infections, smoking, diabetes, high blood pressure and high cholesterol. Women's risk also doubles or triples after menopause, due to the lack of the protective effects of estrogen. The more of these factors you have, the greater your danger.

The real key to saving lives, therefore, regardless of gender, is prevention. "Heart disease is not inevitable," says Dr. Goldberg. "Most risk factors can be reduced, or even eliminated, by lifestyle changes." In fact, Dr. Manson says that more than 80 percent of heart attacks could be prevented by lifestyle factors such as not smoking, being physically active, maintaining a healthy weight, eating a heart-healthy diet and drinking alcohol in moderation. And the earlier you start taking steps to protect your heart, the safer you'll be, since plaque buildup can begin even when a woman is in her 20s or 30s—though it usually takes decades before clogging gets bad enough to trigger a heart attack. "There's a lot you can do to protect yourself before your arteries get blocked from years of being overweight, smoking or eating a high-fat diet," says Dr. Goldberg. "If gynecologists and primary-care doctors talked to every woman about heart disease, more lives would be saved."

Part Two, next month: life-saving breakthroughs in heart surgery

LHJ.com Visit our online heart disease guide at: **www.lhj.com/hearthealth**



Even young, healthy legs could hide a killer blood clot.

Anyone who's off their feet for awhile due to illness, surgery, or injury may be at risk to develop a blood clot deep inside their legs.

This condition is called Deep Vein Thrombosis, or DVT. If the blood clot breaks loose and travels to the lung, it can be fatal.

Complications from DVT kill up to 200,000 people a year. That's more than AIDS and breast cancer combined. The good news is, in most cases DVT can be prevented.

If you or someone you love is laid up for awhile, talk to your doctor about how to prevent DVT. For more information:

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Log onto www.dvt.net.

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Thai Chicken. Vegetable Provençal. Spinach With Wild Mushrooms. These aren't selections from an upscale restaurant menu—they're frozen pizza toppings. Last summer, the U.S. Department of Agriculture relaxed long-standing regulations that dictated how much of certain ingredients had to go into frozen pizza (regulations that were developed to make sure companies wouldn't skimp on those ingredients), leaving manufacturers free to create a wider variety, including some with just a little fatty meat, some with lots of lean meat and some heaping with veggies.

These new and improved choices have helped to make pizza the No. 1 frozen dinner choice in the U.S. In fact, we spent a whopping $3.1 billion on frozen pizzas in 2002—double the $1.5 billion spent just seven years earlier, according to the American Frozen Food Institute. But compared with the [illegible] cardboard-like offerings of years past, frozen pizzas today are more than just exotic and better tasting—they can even be good for you, says Joan Carter, a registered dietitian and instructor at Baylor College of Medicine, in Houston. From folate in the crust to calcium in the cheese—not to mention the vitamins, antioxidants and protein from the meat or veggie toppings—pizza offers all sorts of health bonuses, from building stronger bones to possibly warding off certain cancers. Take a closer look:

PIZZA POWER

Disease fighter: Pizza sauce is rich in tomatoes, a good source of lycopene, an antioxidant that may protect against prostate and cervical cancers and heart disease. It may also help prevent age-related eye disorders that lead to blindness, such as macular degeneration and cataracts, recent studies show. Lycopene is more abundant in cooked tomatoes (like the ones in frozen pizza sauce) than those fresh off the vine. In fact, one slice of pizza contains about 10 mg of lycopene, which should be enough to let you reap the health benefits.

And don't discount the vegetable toppings on your pizza just because they're frozen. Researchers say frozen veggies offer as many health benefits as fresh produce. Some of the most nutrient-rich vegetable toppings are spinach and broccoli, both good sources of beta carotene and folate (broccoli also contains some vitamin C and calcium); and green and red peppers, which give you folate, potassium and disease-fighting antioxidants.

Bone builder: Cheese is a great source of calcium, which helps build healthy bones and teeth. And just one slice of pizza can provide up to 20 percent of the daily recommended allowance of the mineral (1,200 mg for women). To trim fat without skimping on calcium, look for pizzas topped with part-skim mozzarella, which is leaner than cheddar, provolone and regular mozzarella, says Carter. CONTINUED ON PAGE 174

BY MAUREEN KENNEDY

WWW.LHJ.COM

Here's some good news about almonds you can really take to heart.



You've always loved almonds for their delicious taste, great crunch and overall nutritious personality. Now there's an exciting new reason to love 'em even more: **eating a handful of almonds a day**, as part of a diet low in cholesterol and saturated fat, **can help lower cholesterol**. So if you're the type that takes good news to heart, make sure California Almonds are in.

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1 oz. has 19g fat, of which only 1g is saturated

When it comes to being good to your heart... almonds are in!

"Scientific evidence suggests but does not prove that eating 1.5 ounces of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease."





We're in the Results

As part of a balanced diet, a daily handful of almonds goes a long way toward heart health. A recent study published in *Circulation: Journal of the American Heart Association* found that people who ate about one ounce a day for a month lowered their LDL, or "bad" cholesterol levels, an average of 4.4%. Those who ate twice as much—about two ounces per day—lowered their LDL cholesterol by 9.4% on average.

We're in a New Approach to Lowering Cholesterol:
The **Portfolio**EatingPlan™

University of Toronto researchers have found that a change in diet can be as effective in lowering cholesterol as taking a starting dose of first-line, cholesterol-lowering drugs. By eating a "portfolio" of foods with heart-related health claims—almonds, plant sterols, soy protein and viscous fiber—people with high LDL cholesterol levels were able to decrease them by an average of 28%. Known as the PortfolioEatingPlan, this study is the first to illustrate that a dietary approach can yield such results.

For more information on the PortfolioEatingPlan, visit www.PortfolioEatingPlan.com.



23 Almonds a Day.
How are you getting yours?

Eating a handful of almonds a day (about 23) is something everyone should take to heart. Not only are they a delicious, healthy snack, they're easy to find in all of your favorite foods throughout the day—from cereals to baked goods to salads to desserts.

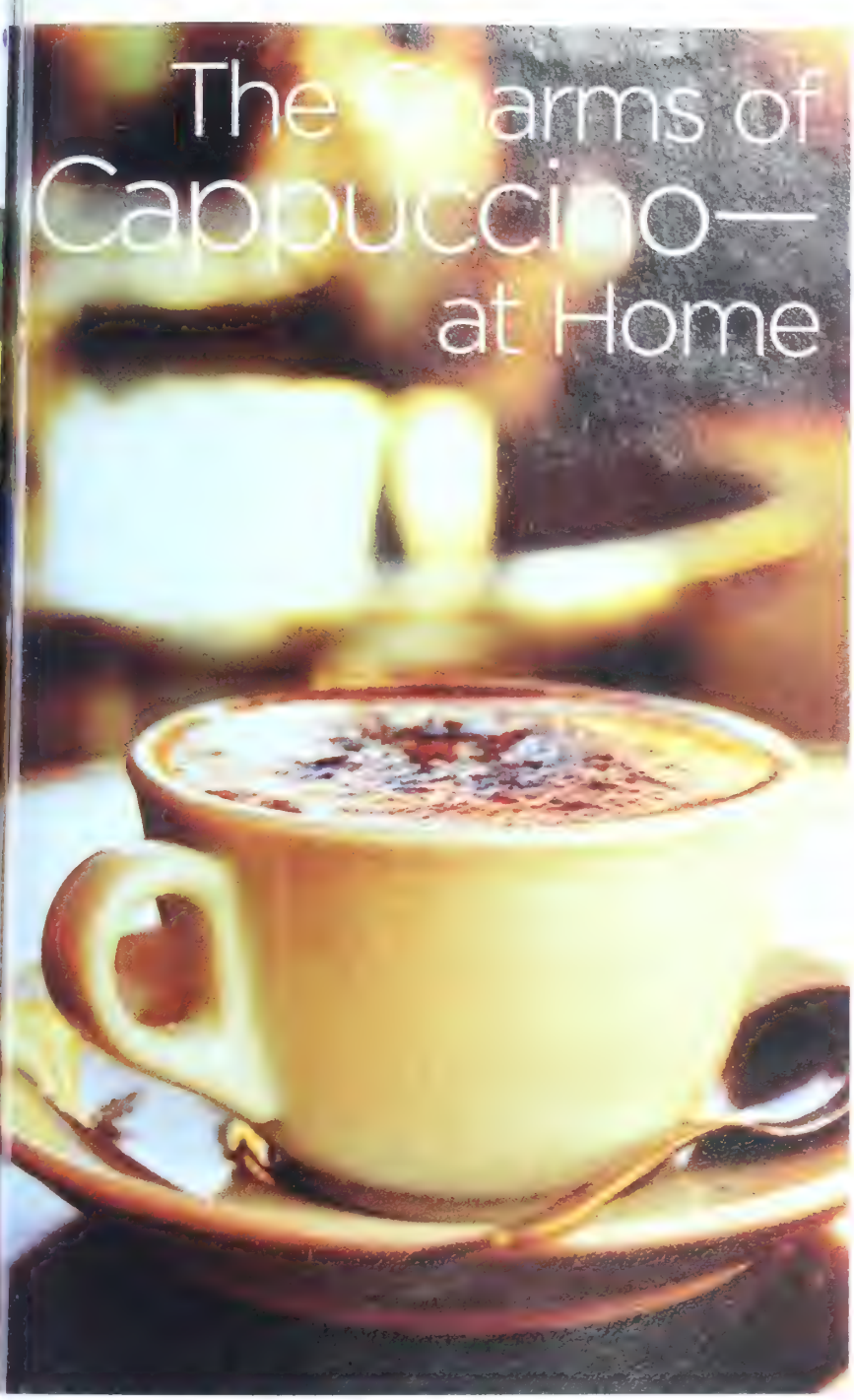
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The Charms of Cappuccino—at Home



A host of new machines—from the no-frills to the fancy—mean that you can make cappuccino at home that's as delicious as the brews at your favorite café BY RON GIVENS

Fortune Elkins talks about her "beautiful passion" for coffee in such a headlong rush, punctuated by excited giggles, that you'd swear she's seriously overcaffeinated. But this 40-year-old Web designer in New York City usually drinks only two or three cups a day. And yet she has made room in her small kitchen for two espresso machines—one medium-large and one large. Does she really need both? Well, no. But she loves them. They make great espresso. "I just want to have the best possible coffee experience," Elkins says.

She's not alone. Over the past 10 years, the American thirst for coffee excellence has gone nationwide, after brewing for years in the rainy Northwest. Since 1995, the number of Starbucks coffee shops in North America has zoomed from 676 to more than 5,600. Italian terms that used to be obscure, such as latte and macchiato, have become household words. "We've got a new generation of what I would classify as 'gourmet experimenters,'" says Ted Lingle, executive director of the Specialty Coffee Association of America. "Even if they discovered a love of coffee at a Starbucks store, they're now out looking for that experience at home."

Getting more out of that experience means getting more out of coffee beans, and nothing extracts as much flavor as an espresso machine. Through a carefully calibrated combination of hot water and high pressure, these sophisticated devices produce a small shot of CONTINUED



Left to right: The semiautomatic DeLonghi Bar 42 ($199) heats the water and pumps it through the beans. The manual La Pavoni Romantica PG16 ($879) and the Gaggia Classic ($449) let you control the grinding, tamping and water temperature

coffee nirvana topped with the crowning glory of the drink—a layer of golden-brown foam known as *crema*. Taken straight, the flavors should be deep and dark and rich (never harsh or sour)—an intensity that makes espresso the cornerstone of a whole family of drinks, including cappuccinos, macchiatos and lattes.

Thanks to the better-coffee boom, there are more machines available that can be used at home, but there's a catch. For the amateur, espresso can be devilishly hard to get perfect. The water has to be at the proper temperature—about 200 degrees—to extract as much of the desirable flavors and aromas as possible. The beans have to be ground to the proper degree of uniform fineness—something like a gritty powder—and tamped carefully into a small filter basket so that the water will be forced through them at the right pressure (9 to 10 times that at sea level) and at the right speed. If you've ever had an espresso that's thin and watery—and who hasn't—that's because something went wrong with the

possible for the average person to make good espresso at home. Not so. With practice, you'll be able to turn out shots of espresso that match a lot of the heady brews being produced in coffee shops. Beginners should expect to pay at least $100 for a basic, no-frills espresso maker that will make a decent cup, and hundreds more for a durable machine that can turn out a greater volume of drinks with consistently high quality. And there are machines that have even more features—such as built-in grinders—that push the cost well past the $1,000 mark.

CHOOSING A MACHINE

Before buying an espresso maker, you have to know what kind of person you are: hands-on or hands-off. "I ask people, 'Do you want to push a button?' or 'Do you want to learn the *art* of making espresso?'" says Todd Salzman of the Internet retailer wholelattelove.com. If you want the maximum in convenience and you can afford the cost, a super-automatic machine is right for you. You put the beans in one place and the water in another, then you hit the button—and out comes a very nice, robustly flavored cup of espresso. All of the grinding is done inside the machine, though you will have to clean out the innards every once in a while. Most likely, you'll have to froth the milk yourself using an attachment, but some super-automatics will do that for you, too. The Capresso C1000 ($900) delivers an attractive combination of convenience and quality, and the Saeco Royal Professional ($1,498) will make the coffee and froth the milk, too.

For those who want to tweak their espresso to taste—and for the truly dedicated, this is a consuming passion—a greater range of choices is available: manuals, semiautomatics and automatics. On the most fundamental level, but not necessarily the cheapest, there is the manual machine. The machine CONTINUED

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fine-combed cotton sheets: $90 online

ergonomic pillow: $65 online



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to ensuring the correct water temperature. That, of course, can be a real turn-on for some people, but a real pain for others. These espresso machines, like the La Pavoni Romantica PG16 ($879) and the Olympia Cremina ($2,195), may be gorgeous to look at, but they probably shouldn't be anyone's first machine.

The $100 to $400 range On a more user-friendly level, there are semiautomatic machines that heat the [illegible] for you, but you have to switch the flow on and off. For about $100, you can get a semiautomatic machine that will make an acceptable demitasse of espresso, but it takes a long time to make additional servings because it doesn't have the heating power and boiler capacity. This could be the right machine for somebody who makes one espresso or cappuccino in the morning and then goes to work, but the wrong machine for somebody who entertains even small groups of people. The lightweight Krups Espremio Auto Cappuccino ($99) does a nice job on that single, solitary serving.

Machines that cost more than $100 will be a little more substantial in their heft, components and capacities. The Saeco Via Veneto and the DeLonghi Bar 42 (both $199) have slightly stronger pumps that create more flavor-producing pressure, and they maintain their temperatures a little better, which means they make espresso more reliably and in somewhat bigger quantities. You may still end up waiting for cappuccino, since foaming milk takes place at a higher temperature than brewing. The Via Veneto and the Starbucks Barista ($350) both use a device that puts out a consistent head of *crema*, but without the combination of pressure and brewing time that produces the fuller and rounder espresso that purists call "God shots."

For those who don't want the hassle and mess of grinding, there are semiautomatic machines CONTINUED

Excellent Extras

GRINDERS You can have the finest espresso machine in the world, but if the beans aren't ground correctly, your coffee will be feeble or harsh. Forget about blade grinders; they don't give you a uniform size of grounds, and they probably can't make the grounds fine enough for espresso. They'll also heat up the beans, robbing your cup of aroma and flavor. What you need is a burr grinder, which has two plates with rotary cutting tools that can be adjusted in minute ways to produce finer or coarser grinds. Although the difference in size between, say, the No. 4 setting of the grinder and the No. 5 setting may be hard to detect by sight, the precise adjustment can create a much better result when the espresso is brewed. These [illegible] sate for shifts in outside humidity and temperature, as well as differences in the type and the freshness of the beans. The Gaggia MDF ($149) and Faema Family ($269) both dispense the grounds through a "doser," which makes enough for a demitasse of coffee with each pull of a lever. The Solis Maestro Plus ($149) deposits ground coffee into a plastic container, from which it can be scooped out and measured.



FROTHERS All espresso machines come with teensy pipes called "wands" that dispense steam to froth and heat milk. But except for high-end equipment with its larger boilers, there often isn't enough steam to whip up large amounts of froth. If you're going to host parties, you'll want to check out the Capresso FrothXpress ($70), above, which can process 30 ounces of milk per batch.



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...ion can ease the burden. They use pressurized and pregroomed pods of coffee that are tightly wrapped in filter paper. Just pop them in the machine, and once the coffee is brewed, toss them in the garbage. The most common system of pods, which are more expensive than buying beans and grinding them yourself, is Easy Serving Espresso (ESE). The very stylish Francis Francis! X3 ($399) uses ESE pods, which generally lack some of the oomph that comes with using freshly ground beans, but with the X3, you have the alternative of using coffee you grind yourself.

$400 and above Once you break the $400 barrier, you find a class of machines that will often include parts found in professional-grade models. This investment CONTINUED

The Best in Beans

Experts say that more than 800 separate aromatic components can be detected in coffee, so it's no wonder that the smell of the stuff can be intoxicatingly rich and complex. For Donald Schoenholt, president of Gillies Coffee in New York City, the oldest continuously operating coffee bean–roasting company in the U.S., the goal is to capture that dizzying olfactory experience in a cup. "That's what you want coffee to taste like—the aroma of roasting beans," he says.

In recent years, Gillies has been joined by a number of smaller, artisanal roasters around the county that find great beans in small quantities from around the world, then blend them and roast them with magical results. You can taste the difference in your cup.

Among the bigger names in better coffee, Starbucks Espresso Roast seems to have a somewhat burnt edge, and the legendary Illy company in Italy sells a medium roast with cocoa-like richness, but a sour finish. For espresso blends that are deep, full and beautifully balanced, go on the Internet and explore some of these American products, which cost $10 to $11 a pound:

Platinum Blonde from New York's Gimme Coffee *(www.gimmecoffee.com)* is a lighter roast with accents of vanilla and cinnamon.

Malabar Gold from Josuma Coffee *(www.josuma.com)* is a brew with the biscuit-like quality of shortbread and a dry finish.

The New York Espresso from Dallis Coffee *(www.dalliscoffee.com)* is a slightly deeper brew with hints of cinnamon and tobacco.

Dancing Goats Blend from Batdorf & Bronson Coffee Roasters *(www.batdorf.com)* is dark and intensely rich.

Black Cat Blend from Intelligentsia Coffee *(www.intelligentsiacoffee.com)* is chocolaty and spicy.

Carioca blend from Gillies (800-344-5526) ends on a surprisingly sweet note.

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Top to bottom: the Francis Francis X3 ($399) uses pods of premeasured and preground beans; the Capresso C1000 [illegible] brew, even in large quantities

be more [illegible] and [illegible] and you want the thrill of making them right, this is the right entry level. The Rancilio Silvia ($449) is a beloved veteran in the home-brewing world, and the Gaggia Classic ($449) traces its roots back to the Italian Achilles Gaggia, who revolutionized espresso making in 1938 by adding a piston to the machines, thereby creating enough pressure for brewing with heated water, rather than steam.

At higher and higher prices there are the "prosumer" machines, equipment that is intended for consumers but incorporates the durable components found in professional models. The boilers that heat the water are bigger and faster, and the systems that heat the water will in some models deliver it at two temperatures: one just right for brewing, and another at the higher temperature required for steam. This eliminates having to wait for the machine to heat up and cool down, which can be a blessing when making a lot of cappuccino. The Expobar Office Pulser ($750); the Salvatore Semi-Automatic ($1,475), which is handmade in California by an Italian, Salvatore Cisaria; and the La Valentina Semiautomatic ($1,295) are all major pieces of equipment. Models that [illegible] should offer uncompromised quality for the home [illegible] and [illegible] find the only widely available machine that isn't meant for the countertop: The Miele Coffee System ($1,949) is a fully automatic unit that needs to be installed in a cabinet or a wall and is usually purchased through a decorator, kitchen specialty store or an independent retailer.

And there's more—much, much more—extending upward into machines that cost thousands and thousands of dollars. There, as well as in the lower price ranges, you will find a wealth of choices. Sifting through all of them is hard because virtually no stores have more than a few machines in stock. And they almost never have the equipment set up so you can see how the machines operate. The books *Espresso: Ultimate Coffee* by Kenneth Davids and *The Joy of Coffee* by Corby Kummer are good introductions to coffee and offer basic descriptions of equipment. But the best way to learn more about various models is through the Internet. You can read consumer reviews at *www.coffeegeek.com*, and the discussion groups at *www.coffeegeek.com* and at *alt.coffee* (accessible through the "groups" section of *www.google.com*) can give information and sometimes spirited debate. The Web site for Internet retailer *www.wholelattelove.com* has primers on espresso making and gives detailed information on the equipment it sells. You can find similar information on other retail Web sites, such as *www.1st-line.com* and [illegible].

Like everything else in the world of espresso, buying a machine is complicated, but your attention to detail will pay dividends with every cup. Your taste buds will thank you.



Anti-Aging Breakthrough

Better than Botox?

"Who would have thought a stretch mark remover would turn out to be the anti-wrinkle breakthrough of the decade!"

n a remarkable turn of events, arguably one of the strangest in the history of cosmetics,

men across the country are putting a stretch-mark ducing emulsion called StriVectin-SD on their fa of fine lines, wrinkles and crows' feet. And, if consumer es are any indication of a product's effectiveness, Vectin-SD is nothing short of a miracle. Women as well a growing number of "Boomer" men are buying so ch StriVectin-SD that finding a tube at your local metic counter has become just about impossible. Has ryone gone mad? Well... not really.

ientific Breakthrough or Dumb Luck?

Although StriVectin-SD was already backed by clinical ls documenting its ability to visibly reduce the depth, gth, discoloration and roughness of existing stretch rks, the success of StriVectin-SD as an anti-wrinkle am was "dumb luck," says Gina Gay, spokesperson for ein-Becker, StriVectin-SD's exclusive distributor.

"When we first handed out samples of the StriVectin mula to employees and customers as part of our market earch, the sample tubes were simply marked 'topical am' with the lot number underneath." Ms. Gay explains s the samples were passed to friends and family, the ssage became a little muddled and some people used s 'topical cream' as a facial moisturizer. As we began to eive feedback from users, like 'I look 10 d 'my crows' feet are gone,' we knew we had something re than America's most effective stretch-mark reducer e point was driven home as store owners orting that almost as many people were purchasing iVectin as an anti-wrinkle cream as were buying it to duce stretch marks."

Dr. Daniel B. Mowrey, Klein-Becker's Director of ientific Affairs, says, "Clearly, people were seeing results. t we didn't have a scientific explanation as to why s wrinkle-reduction was occurring. However, based the incredibly positive reports, I started using it yself — applying StriVectin to my face after sh . Mowrey adds, "On a personal note, my wife tells me aven't looked this good in years.'

tox Cos

ds References

Dumb Luck Strikes Again!

Then

wrinkle-red

properties of a patented oligo-peptide called Pal-KTTKS

states, "the wrinkle-reducing oligo-peptide tested in the

ient in the StriVectin cr

to the other side.

reported "significant improvement" in wrinkle depth, length, wrinkle volume, and skin roughness for those women using the peptide solut

studies confirmed that the Pal-KTTKS solution's wrinkles far exceeded both vitamin C and

A smoother, younger complexion, less irritation, fewer wrinkles, and faster results — all witho painful peels, implants or

Better than Retinol and Vitamin C, But Is StriVectin-SD Better than Botox®?

Dr. Nathalie Chevreau, Director of Women's Health at

than Botox

l, continual while the effects of injections, facial peels, and dermabrasions wear off... in fact, you'll never look better than you do shortly after the inflammation and redness

"Furthermore," Dr. Chevreau continues, "Botox has been approved by the FDA for an extremely limited) furrows between the ects such as 'headache, temporary eyelid droop and nausea.' The active ingredient significantly reduce the appearance of that category of fine lines and facial wrinkles including crows' feet that can add 10-15 years to your appearance... the type of fine lines and wrinkles Botox treatments leave behind."

healthy, glowing complexion faster than retinol

So, if you see someone applying an anti-stretch mark cream to their face, don't think they've gone off the deep end... they may be than you think.

Having a hard time finding StriVectin-SD®?

If you've been searching for StriVectin-SD, you already know it's become almost impossible to find. Don't bother with Neiman Marcus, they don't have it; Saks 5th Avenue might be able to order it for you... Your best bets are SEPHORA shops or Nordstrom (they always try to keep it in stock) or, believe it or not, the pregnancy section of your local GNC or high-end supplement retailer. To be absolutely sure, you can order StriVectin-SD directly from Klein-Becker at:

1-800-414-4220
or order online at
www.StriVectin.com.

Since StriVectin-SD was designed as a stretch-mark reducing formula, it comes in a large, 6-ounce tube. At $135.00, StriVectin-SD is not cheap... but when used as a wrinkle-remover, one tube will last approximately six months. By the way, StriVectin-SD is backed by Klein-Becker's money-back guarantee. If StriVectin-SD doesn't make your skin look younger, healthier, and more vibrant,simply return the unused portion within 30 days for a full refund... no questions asked.



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PIZZA PITFALLS

Still, some pies contain unhealthy [illegible] if you pay attention to the nutrition la[illegible] watch for:

Cholesterol: Traditional frozen pizzas [illegible] and cheese remain the most popular selections, so be sure to check the nutrition label for fats and cholesterol, cautions Carter. Calculate how much a serving of the pizza would contribute to your daily allotments for the two (35 percent of daily calories for fat, 300 mg or less for cholesterol), as a way of determining what is a healthy amount for you.

JUST SAY SOY CHEESE

These days, even the strictest vegetarians who don't eat dairy and people who are lactose intolerant can satisfy their pizza hankerings. Many purveyors of pizza, both frozen and fresh, are beginning to offer soy cheese alternatives. You'll find soy cheese on top-end frozen pizzas such as Amy's.

Although the taste of soy cheese doesn't match the exact flavor of regular cheese, it is tasty and does have nutritional benefits. For starters, soy cheese has no cholesterol, while dairy cheese contains about 20 to 30 mg per ounce. In addition, soy cheese is generally lower in calories, about 60 to 70 calories per ounce compared with 80 to 110 calories in regular selections. And though soy cheese doesn't have any less fat than the regular type, it has little saturated fat. Aside from being lower in calories and devoid of cholesterol, soy cheese also may help to fight heart disease. "There is evidence that soy can help lower cholesterol levels," says Melanie Polk, a registered dietitian with the American Institute for Cancer Research, in Washington, D.C.

From cancer-fighting agents in the veggies to calcium in the cheese, pizza offers many health benefits.

Trans fat: The fact that your pizza is pepperoni-less and made with reduced-fat cheese doesn't make it a low-fat food. Some fat may be hidden in the crust in the form of partially hydrogenated vegetable oil, a source of trans fat that is as bad for your heart as saturated fat. Although the amount of trans fat in pizza crust is less than you would find in pastries, you'd be better off finding a crust without it. Look for pizza crust with substantial amounts of healthy ingredients such as whole [illegible] and wheat germ, says Melanie Polk, a registered dietitian with the American Institute for Cancer Research, in Washington, D.C. The FDA recently passed a regulation requiring manufacturers to list trans fat content on their packaging, but the measure won't take effect until 2006. In the meantime, ingredients such as partially hydrogenated vegetable oil and shortening can tip you off that the crust isn't the healthiest.



Salt: When you snack on potato chips, you know you're eating salt. But did you know one slice of pizza may contain up to 30 percent of your recommended daily amount of sodium? "Just about everything that goes into pizza is high in sodium, except for the crust," says Carter.

Salt is used to process meat and cheese, and to flavor the tomato sauce. Two slices of meat pizza can contain as much as 1,400 mg—more than half a teaspoon—of sodium per two slices (more than half the 2,400 mg recommended daily limit for adults). To stay on the healthy side, look for a pie that contains no more than 800 mg of sodium per serving.

"It's worth it to compare brands and look for those with lower amounts of sodium," says Polk. Too much salt can contribute to high blood pressure, and studies have linked high-sodium diets to an increased risk of stomach cancer, she says.

CONTINUED

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Picking the Perfect Pie

[illegible]orting through mountains of frozen pizzas to find the healthiest choices may not be your idea of [illegible]d time, we've done the work for you. Here are our top picks for an all-around healthy and tasty pie:

ALL NUTRITIONAL INFORMATION IS BASED ON A 125-GRAM SERVING.

[illegible]	[illegible]	[illegible]	[illegible]	PRICE	WHAT WE LIKE MOST ABOUT IT
Wolfgang Puck [illegible] Vegetable	221	**Total Fat:** 7 g **Saturated Fat:** 3 g **Cholesterol:** 20 mg	**Carbs:** 29 g **Protein:** 12 g **Sodium:** 449 mg	$5.99 for a 10.78-ounce pie	The vegetables are so fresh and tasty, you'll wonder if Wolfgang picked them from his own garden.
Freschetta Brick Oven Fire Baked Crust Roasted Portobella Mushrooms & Spinach	273	**Total Fat:** 9 g **Saturated Fat:** 4 g **Cholesterol:** 19 mg	**Carbs:** 36 g **Protein:** 11 g **Sodium:** 602 mg	$6.79 for an 18.74-ounce pie	With these thick and juicy portobello mushrooms, who needs meat?
DiGiorno Rising Crust Spinach, Mushroom & Garlic Pizza	262	**Total Fat:** 8 g **Saturated Fat:** 3 g **Cholesterol:** 17 mg	**Carbs:** 35 g **Protein:** 12 g **Sodium:** 664 mg	$5.79 for a 30.3-ounce pie	We liked the spinach and mushrooms on top, but the tender, thick crust really won us over.
California Pizza Kitchen BBQ Chicken	287	**Total Fat:** 9 g **Saturated Fat:** 5 g **Cholesterol:** 31 mg	**Carbs:** 34 g **Protein:** 17 g **Sodium:** 717 mg	$5.19 for a 12.96-ounce pie	The big chunks of white chicken and tangy barbecue sauce made us want to go to California for seconds.
Freschetta Southwest Style Chicken Supreme With Roasted Red Peppers	302	**Total Fat:** 10 g **Saturated Fat:** 4 g **Cholesterol:** 21 mg	**Carbs:** 40 g **Protein:** 13 g **Sodium:** 965 mg	$3.69 for a 10.49-ounce pie	Fresh chunks of chicken with a zing of Southwest spices are a new twist on traditional toppings.
Red Baron Pizzeria Style Special Deluxe Pizza	319	**Total Fat:** 14 g **Saturated Fat:** 5 g **Cholesterol:** 20 mg	**Carbs:** 36 g **Protein:** 14 g **Sodium:** 825 mg	$5.49 for a 32.47-ounce pie	The generous portions of sausage and pepperoni will keep you satisfied long after you've thrown away the box.
A.C. LaRocco Tomato & Feta	251	**Total Fat:** 7 g **Saturated Fat:** 2 g **Cholesterol:** 11 mg	**Carbs:** 39 g **Protein:** 11 g **Sodium:** 341 mg	$5.99 to $6.99 for a 23-ounce pie	The low amounts of saturated fat and cholesterol in this pie mean there's no guilt in reaching for another slice.
Amy's Pizza Cheese	305	**Total Fat:** 12 g **Saturated Fat:** 4 g **Cholesterol:** 15 mg	**Carbs:** 39 g **Protein:** 12 g **Sodium:** 600 mg	$5.49 for a 13-ounce pie	With a crust that's crisp outside and soft inside, this pizza doesn't need toppings to be delicious.
Tombstone Original Pizza, Extra Cheese	293	**Total Fat:** 13 g **Saturated Fat:** 6 g **Cholesterol:** 30 mg	**Carbs:** 32 g **Protein:** 14 g **Sodium:** 586 mg	$4.69 for a 20.5-ounce pie	Gooey gobs of cheese and thick sauce taste fresh from the pizzeria.

[illegible] the real scoop on favorite foods such as energy bars and fast-food salads: **www.lhj.com/nutritioninfo**

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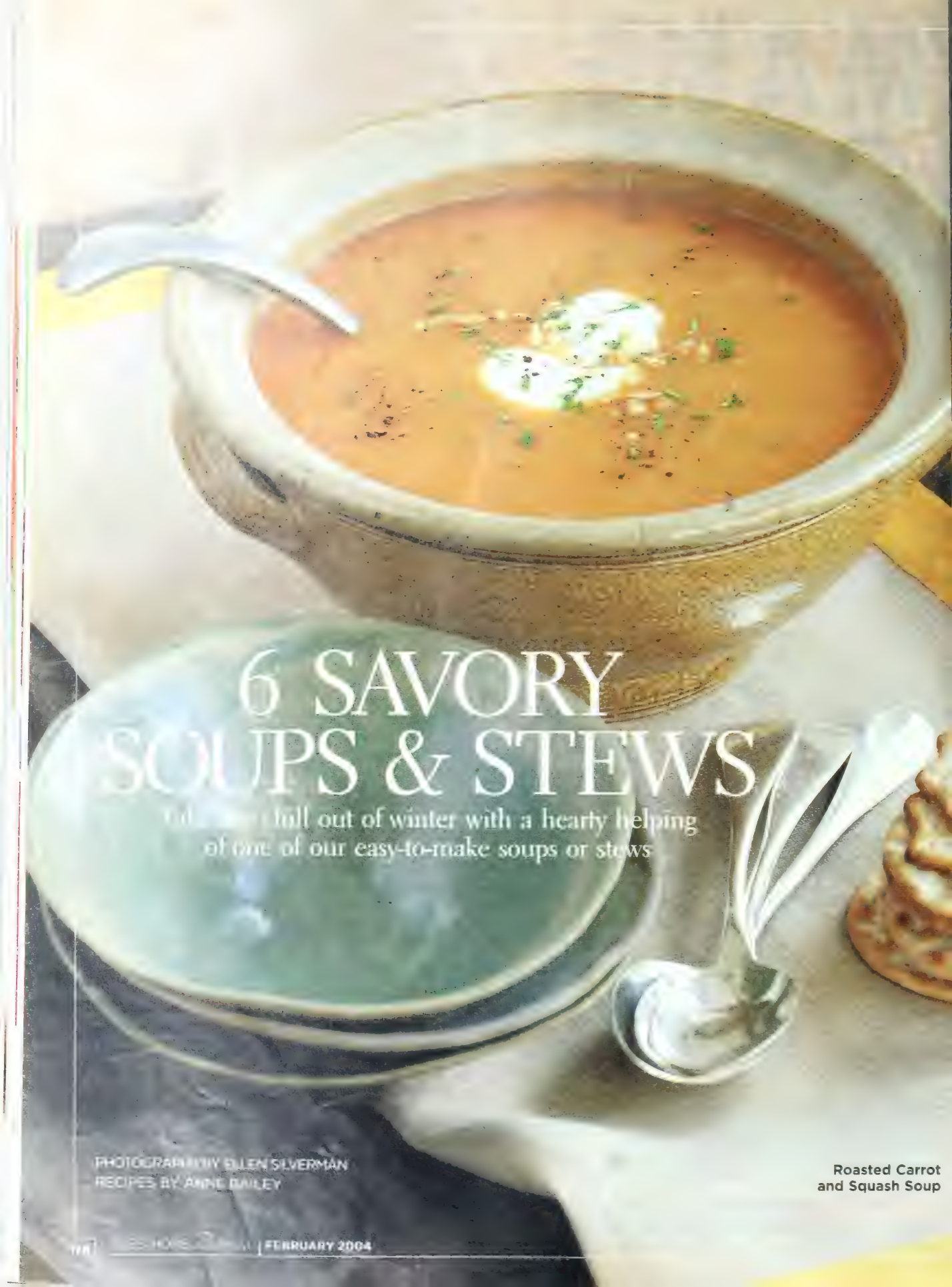
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Slim-Fast Foods Company. †Diet plan supervised results in a clinical study using [illegible] meal replacement
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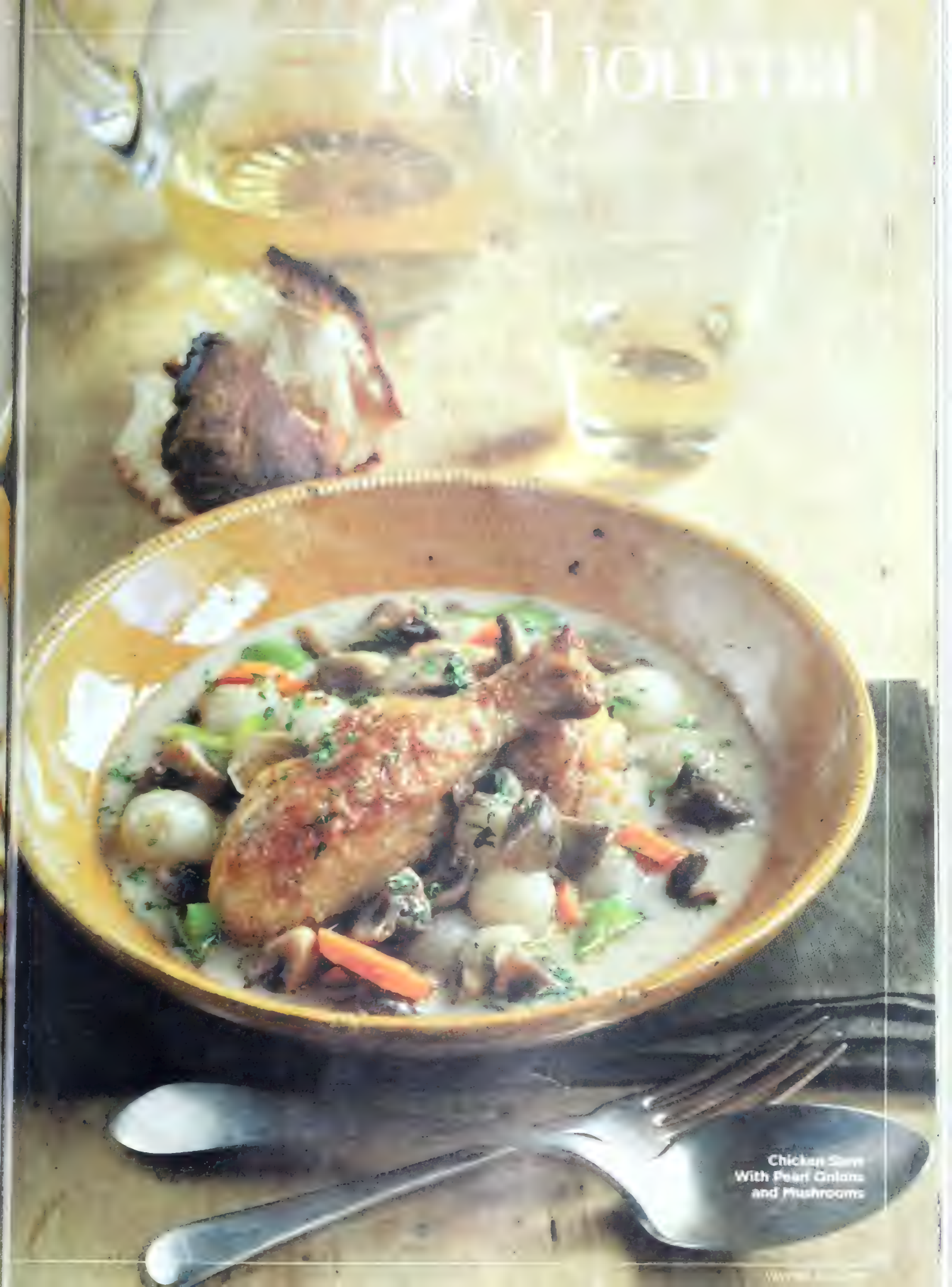


6 SAVORY SOUPS & STEWS

Help us [illegible] full out of winter with a hearty helping of one of our easy-to-make soups or stews

PHOTOGRAPHY BY ELLEN SILVERMAN
RECIPES BY ANNE BAILEY

Roasted Carrot and Squash Soup



Chicken Stew
With Pearl Onions
and Mushrooms



Beef and Root Vegetable Stew

Beef chuck is thoughtful but much more you allow a long cooking time, as we do here. For even more tender results, cook the beef portion of the stew a day ahead. To finish cooking, reheat the stew slowly over low heat until it thins out and comes to a boil, then add the vegetables for the last [illegible] of cooking.

Prep time: 25 minutes
Cooking time: about 2½ hours

- 3 tablespoons vegetable oil, divided
- 1½ cups chopped onions
- 3 garlic cloves, pressed
- ¼ cup all-purpose flour
- 1 teaspoon salt
- ¼ teaspoon freshly ground pepper
- 2½ pounds beef chuck, cut into 1-inch cubes
- 2 cans (14½ oz. each) beef broth
- 1 cup dry red wine
- ¼ teaspoon dried thyme
- 1 bay leaf
- 2 russet potatoes, peeled and cut into 1-inch chunks
- 2 carrots, peeled and cut into 1-inch chunks
- 2 parsnips, peeled and cut into 1-inch chunks
- 1 large sweet potato, peeled and cut into 1-inch chunks

1. Heat 2 tablespoons oil in a large Dutch oven over medium heat. Add onions and cook, 5 minutes. Stir in garlic, and cook 1 minute more. Remove onion mixture from pan.
2. Combine flour, salt and pepper in a bowl. Dredge beef in flour mixture, shaking off excess. Heat remaining oil in Dutch oven over medium heat and cook beef in 2 batches until browned, 5 to 6 minutes per batch. Stir in onion mixture, broth, wine, thyme and bay leaf; bring to a boil. Reduce heat to medium-low, cover and simmer until beef is tender, stirring occasionally, 1½ to 2 hours.
3. Stir in remaining vegetables, cover and bring to a boil. Cook until vegetables are tender, 15 minutes. Discard bay leaf. Makes 11 cups.

Per cup: 395 calories, 25 g total fat, 9 g saturated fat, 75 mg cholesterol, 550 mg sodium, 21 g carbohydrates, 20 g protein, 38 mg calcium, 3 g fiber

CONTINUED

The Healing Power of Soup

A steamy bowl of soup is not just the perfect meal on a cold night, it's also packed with tons of good-for-you ingredients. Soups are a great way to sneak more vitamins and minerals into our diet because they typically contain a lot of vegetables, says Marilyn Tanner, a spokesperson for the American Dietetic Association, in St. Louis. What's more, soups have a lower energy density than many foods (such as pastas), which means you can eat larger portions yet consume fewer calories. Here, the health benefits you'll enjoy from eating the stews and soups we feature [illegible] month:

- A potato-based soup, such as [illegible]sage and Corn Chowder, [illegible] carbohydrates in potatoes trigger the release of serotonin from the brain, which is thought to relieve irritability. Leeks also provide a good source of the antioxidant allicin, which may help increase the body's ability to fight infections.
- Both carrots and squash (used in our Roasted Carrot and Squash Soup) contain high levels of beta-carotene, an antioxidant that may protect against many cancers and slow the progression of cataracts.
- Tossing garlic into any soup may help stave off viral infections. And parsnips, another ingredient in our Beef and Root Vegetable Stew, contain vitamin C and supply the body with niacin, a B vitamin needed for energy metabolism.
- Researchers aren't sure exactly what it is in chicken soup and stew that helps your body fight off a cold, but they have found that a hefty dose helps to inhibit certain white blood cells from causing inflammation, thus helping to avoid symptoms of a cold.
- Split peas (used in our Split Pea Soup With Ham and Rice) provide plenty of potassium, which is good for fighting high blood pressure, and they contain a large quantity of fiber, which helps lower cholesterol.
- The soluble fiber found in kidney beans, which give additional substance to our Turkey Meatball and Alphabet Soup, may help stabilize blood sugars, which is particularly important for diabetics. Additionally, tomatoes contain the antioxidant lycopene, which assists in the body's defense against free radicals that cause cancer, especially prostate cancer. *—Megan Cherkezian*

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THE MAIN INGREDIENT IN "CAN I HAVE YOUR RECIPE?" RECIPES.

BUSH'S BEST BLACK BEAN SOUP

Makes up to 6 servings

- 2 tbsp. vegetable oil
- 1 onion, chopped
- 3 garlic cloves, chopped
- 1 tsp. cumin
- 3 tsp. chili powder
- 1/2 tsp. oregano
- 3 cans (15 oz.) BUSH'S Black Beans
- Black pepper to taste

In large pot over medium heat, cook onion in hot oil for five minutes. Stir in garlic, cumin, chili powder and oregano. Puree one can of beans, add to pot. Add remaining cans of beans (draining liquid from one). Reduce heat and simmer for 15 minutes, stirring often. Add black pepper to taste. Garnish with salsa, shredded cheese or fresh herbs on top. Make extra copies of this recipe to hand out.

www.bushbeans.com



PICK THE BEST.
WE DO.



Turn leftover stew into goulash by adding egg noodles

Corvo Rosso 2000 (Italy, $10) This is a silky and full-bodied red that matches up to the bold and rich flavors of the beef

Chicken Stew With Pearl Onions and Mushrooms

Since fresh herbs can be tricky to find in winter, you can substitute a combination of dried herbs that equals 2 tablespoons of the fresh stuff. Try tarragon, dill and chives.

Prep time: 25 minutes
Cooking time: 50 minutes

- 1 bag (10 oz.) pearl onions
- ½ cup all-purpose flour
- 1 teaspoon salt, divided
- ¾ teaspoon poultry seasoning, divided
- ¼ teaspoon freshly ground pepper
- 1 whole chicken (3½ lbs.), cut into 8 pieces, skin removed
- 2 tablespoons olive oil
- 1 pound mushrooms, quartered
- 1 can (14½ oz.) chicken broth
- ¾ cup white wine
- cup half-and-half cream
- 1 carrot, peeled and thinly sliced
- 1 celery rib, thinly sliced
- 2 tablespoons chopped fresh herbs

1. Bring a small saucepan of water to boil. Add onions and cook 30 seconds. Rinse onions under cold water. Remove a thin slice from the root end of each and slip off outer skins.

2. Combine flour, ½ teaspoon salt, ½ teaspoon poultry seasoning and pepper in a large, resealable plastic bag. Add chicken and shake to coat.
3. Heat oil in a large Dutch oven over medium-high heat. Add half of the chicken; reduce heat to medium and cook until chicken is well browned on both sides. Repeat with remaining chicken. Set aside. Add mushrooms to pan and cook 5 minutes, stirring until liquid has evaporated.
4. Add broth, wine and cream to saucepan with mushrooms (mixture may look curdled). Add onions, chicken, carrot, celery, remaining salt and poultry seasoning; bring to a boil. Reduce heat and simmer, covered, stirring occasionally until chicken is tender, 30 minutes. Sprinkle with herbs just before serving. Makes 4 servings.

Per serving: 445 calories, 16 g total fat, 4 g saturated fat, 139 mg cholesterol, 1,193 mg sodium, 27 g carbohydrates, 47 g protein, 94 mg calcium, 4 g fiber

Cut up leftover chicken, removing all bones, and reheat with additional broth to lighten this stew into a soup.

Black Swan Shiraz (Australia, $8) Toasty notes of black cherry and pepper in this wine complement the earthiness of the chicken and mushroom combination.

Split Pea Soup With Ham and Rice

You can use either yellow or green split peas for this hearty soup.

Prep time: 15 minutes
Cooking time: about 2 hours 10 minutes

- 1 large onion, coarsely chopped
- 1 carrot, peeled and chopped
- 2 celery ribs, chopped
- 3 garlic cloves, peeled
- 2 tablespoons olive oil
- 1 bag (16 oz.) split peas, picked over
- 1 smoked ham hock (about ¾ lb.)
- 3 cans (14½ oz. each) chicken broth
- 5 cups water
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 bay leaf
- ½ cup white rice, cooked according to package directions

Pulse onion, carrot, celery and garlic in a food processor until finely chopped. In a large saucepan, heat oil over medium heat. Add chopped vegetables and cook, stirring occasionally, about 6 minutes. Stir in peas, ham hock, broth, water, salt, pepper and bay leaf. Bring to a boil. Reduce heat to medium-low and simmer, partially covered, until the peas fall apart and thicken the soup, about 2 hours. Remove the ham hock and bay leaf. When ham is cool, pull the meat from the bone and shred it into bite-size pieces. Puree the soup in batches in food processor, then return it to the saucepan. Stir in the rice and ham. Makes 11½ cups.

Per cup: 220 calories, 4.5 g total fat, 1 g saturated fat, 4 mg cholesterol, 543 mg sodium, 34 g carbohydrates, 13 g protein, 35 mg calcium, 3 g fiber

Talus 2000 Pinot Noir (California, $8) This light red has plum flavors that accent the smoky ham.

Turkey Meatball and Alphabet Soup

You can purchase ground turkey (a combination of white and dark meat) or ground turkey breast (white meat only, which is leaner) for this recipe. Both are yummy.

Prep time: 20 minutes
Cooking time: about 1 hour 10 minutes

- 1½ pounds ground turkey
- ¾ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 4 cans (14½ oz. each) chicken broth
- 2 cups water
- 1 can (14½ oz.) diced tomatoes
- 3 carrots, peeled and thinly sliced
- 2 celery ribs, sliced
- 1 medium onion, chopped

CONTINUED


The way
ranch
is supposed to
Hidden Valley
THE ORIGINAL
Ranch

Turkey Meatball and Alphabet Soup



½ cup uncooked alphabet noodles
1 can (16 oz.) red kidney beans, rinsed and drained

1. In a medium bowl, combine turkey, salt and pepper. Roll mixture into 1-inch balls. Set aside.
2. In a large saucepan, bring broth, water, tomatoes, carrots, celery and onion to a boil. Stir in meatballs. Reduce heat to medium-low and simmer, partially covered, 50 minutes.
3. Meanwhile, cook alphabet noodles according to package directions; drain. Simmer noodles in soup, 5 minutes. Stir in beans. Makes 10 cups.

Per cup: 185 calories, 2.5 g total fat, .5 g saturated fat, 42 mg cholesterol, 1,032 mg sodium, 18 g carbohydrates, 22 g protein, 43 mg calcium, 3 g fiber

La Scolca Gavi 'Valentino' 2001 (Italy, $13) This dry, herbal white complements the hearty simplicity of the soup.

Roasted Carrot and Squash Soup

...stored without refrigeration for up ...

Prep time: 25 minutes
Cooking time: about 1 hour

5 carrots, peeled and cut into ...n-thick slices
4 cups squash, peeled and cubed
1 cup chopped onions
1 tablespoon grated fresh ginger
2 tablespoons olive oil
¼ cup orange juice
2 cans (14½ oz. each) vegetable broth
1¾ cups water
½ cup half-and-half cream
½ teaspoon salt
Pinch cayenne pepper
1 tablespoon butter, melted
Sour cream, fresh cilantro, optional

1. Heat oven to 425°F. In a large bowl, toss carrots, squash, onion and ginger with olive oil. Transfer to a jelly-roll pan in an even layer. Roast until vegetables are tender, about 40 minutes, stirring every 10 minutes.
2. Transfer vegetables to a large saucepan. Add broth, water, cream, salt and cayenne pepper and bring to a boil. Reduce heat to medium-low and let simmer 10 minutes. Stir in butter. Puree soup in batches in food processor until smooth. Top each serving with sour cream and chopped cilantro, if desired. Makes 7½ cups.

Per cup: 140 calories, 7.5 g total fat, 2.5 g saturated fat, 10 mg cholesterol, 654 mg sodium, 18 g carbohydrates, 2 g protein, 71 mg calcium, 3 g fiber

Hogue 2002 Johannisberg Riesling (Washington, $10) The apricot and peach flavors in this lively white heighten the sweetness of the ginger, squash and carrot medley.

Sausage and Corn Chowder

Leeks collect a lot of dirt between their ... them from top to bottom, separate the layers and wash thoroughly before slicing.

Prep time: 20 minutes
Cooking time: about 30 minutes

1 tablespoon butter
2 leeks, halved lengthwise and cut into ⅜-inch-thick slices, white and pale green parts only
1 celery rib, thinly sliced
¾ pound new potatoes, washed and quartered
2 cans (14½ oz. each) chicken broth
1½ cups corn, thawed if frozen
1 cup milk
1 cup half-and-half cream
¼ teaspoon salt
Pinch freshly ground pepper
Pinch nutmeg
¾ pound kielbasa sausage, cut into ¼-inch-thick slices

1. Melt butter in a Dutch oven. Add leeks and celery and cook over medium heat, stirring frequently, 5 to 7 minutes. Add potatoes and broth; cover and simmer until potatoes are almost tender, about 10 minutes. Stir in corn, milk, cream, salt, pepper and nutmeg and cook until potatoes are very tender, about 10 minutes more.
2. Meanwhile, cook sausage in a large skillet over medium heat, stirring constantly, until edges brown. Stir sausage into soup just before serving. Makes 8 cups.

Per cup: 290 calories, 18.5 g total fat, 8 g saturated fat, 48 mg cholesterol, 1,023 mg sodium, 21 g carbohydrates, 10 g protein, 111 mg calcium, 2 g fiber

McWilliam's Hanwood Estate Chardonnay (Australia, $12) This white's velvety oak, vanilla and tropical fruit flavors highlight the sweetness of the corn and balance out the richness of the broth.

Sausage and Corn Chowder



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Chicken-Fried Steak

We cut the fat from this Southern classic—without sacrificing the taste



When I moved from Dripping Springs, Texas, to New York City, I brought my friend's chicken-fried steak recipe with me. It's now one of my husband's favorites, but I don't serve it as much as he would like because it's so fattening. Can you lighten it up?

BETSY STEPHENS, NEW YORK CITY

Our Healthy Makeover

We took Stephens' original recipe for deep-frying steak cutlets and cut the fat by more than 50 percent. (See changed ingredients highlighted below.) First, we substituted heart-healthy canola oil for vegetable oil, and then cut the amount of buttermilk in half. For the gravy, we replaced whole milk with 2 percent milk, and we enriched the gravy with low-sodium beef broth. The results? While the original recipe has all the sinful appeal of any deep-fried dish, our tasters liked the lighter version for not having the cloying texture of many overly fatty foods. Stephens particularly liked the new gravy's flavor, which was intensified by the beef broth.

Original recipe:

Prep time: 20 minutes, plus chilling
Cooking time: about 30 minutes

- 4 (4 oz. each) beef round cube steaks
- 1 teaspoon garlic salt
- 1 ¾ cups all-purpose flour
- 2 cups buttermilk
- ½ cup vegetable oil
- ups whole milk
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper

Per serving: 810 calories, 57 g total fat, 16 g saturated fat, 95 mg cholesterol, 794 mg sodium, 44 g carbohydrates, 30 g protein, 172 mg calcium, 1 g fiber

Makeover:

Prep time: 20 minutes, plus chilling
Cooking time: about 30 minutes

- 4 (4 oz. each) beef round cube steaks
- 1 teaspoon garlic salt
- 1 cup all-purpose flour
- 1 cup buttermilk
- ¼ cup canola oil
- ¼ cup fat-free, low-sodium beef broth
- ¼ cup 2% milk
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper

1. Using a meat mallet or rolling pin, pound each beef cutlet to ¼-inch thickness. Sprinkle garlic salt on both sides of each cutlet. Pour flour onto a pie plate or shallow bowl and coat each cutlet. Refrigerate until most of the flour has been absorbed, 10 to 20 minutes.

2. Pour buttermilk into a shallow bowl or pie plate. Dip each cutlet into buttermilk, then dredge each in another coating of flour, shaking off excess (reserve remaining flour for making gravy). Heat 2 tablespoons of the oil in a large nonstick skillet over medium-high heat. Add two of the steaks and cook until golden brown on both sides, about 4 to 5 minutes per side. Transfer to a serving platter. Repeat with remaining two steaks, adding remaining oil as needed.

3. Stir remaining flour into skillet. Stir in broth, milk, salt and pepper with a wire whisk. Cook, stirring constantly over high heat until thickened. Pour over steaks and serve. Makes 4 servings.

Per serving: 460 calories, 24 g total fat, 5 g saturated fat, 76 mg cholesterol, 716 mg sodium, 28 g carbohydrates, 31 g protein, 116 mg calcium, 1 g fiber

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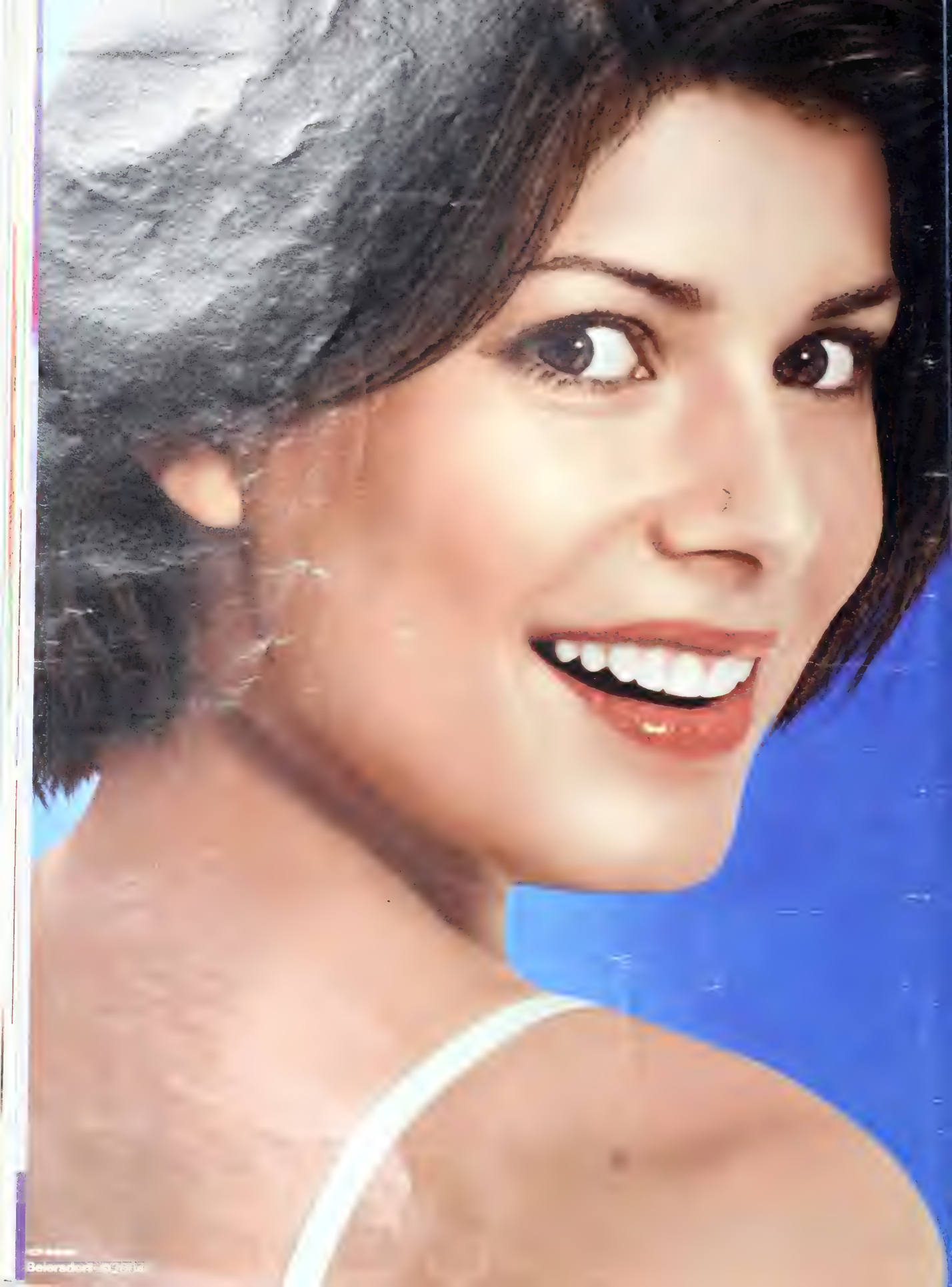
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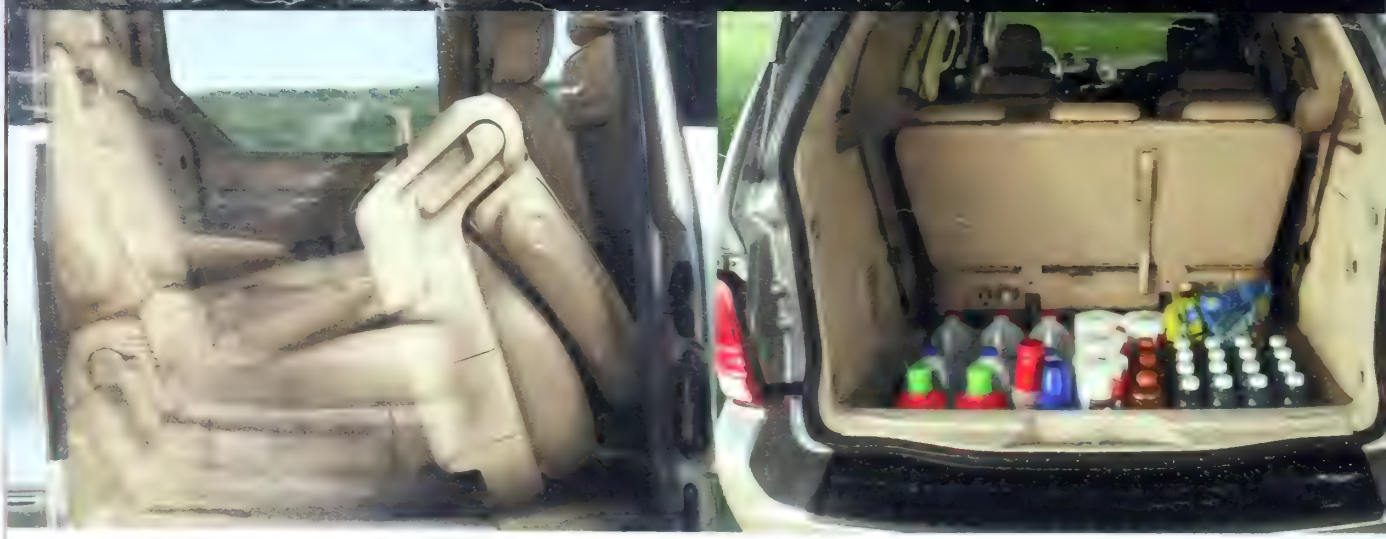
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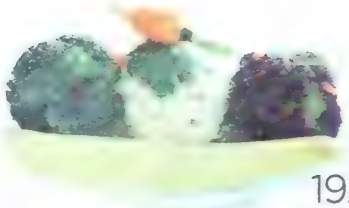
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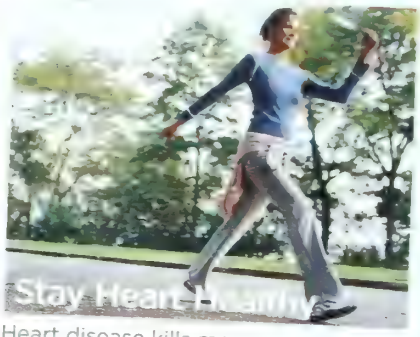

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welcome



"I prayed I wouldn't pass out," says health director Julie Bain (below), who witnessed heart surgeries performed by Dr. Mehmet Oz



The issue you hold in your hands marks a full year since we revitalized *Ladies' Home Journal* in the image of the modern American family woman's emotionally rich, frantically busy, complex and [illegible] particular pleasure and pride that I report how many of you have taken the time to say [illegible] all—your magazine and [illegible] why I'm happy to tell you that this issue [illegible] new and truly unique offerings.

For starters, there's our first-ever cover celebration of Funny Ladies We Love (starting on page 112). We were jumping-up-and-down delighted to be able to gather this trio of talent—Ellen DeGeneres, Katey Sagal and Megan Mullally—in one room, and watch them clown around at our photo shoot. We tip our jokers' hats to their talent to tickle. Humor is transforming, provocative, disarming and energizing. Even today, a funny woman is a powerful woman, because comedy takes confidence . . . and ultimately gives comfort.

On a more serious note, you'll find part two of our Healthy Heart series, "The Man Who Holds Women's Hearts in His Hands," on page 180. Our health director, Julie Bain, was granted the rare opportunity to observe several open-heart surgeries on women performed by renowned cardiac surgeon Mehmet Oz, M.D. "I expected blood and guts like on the show *E.R.*," says Bain. "What surprised me most was how tidy the surgery was, how dainty the organ is, and how awe-inspiring it is to see a beating human heart from only inches away."

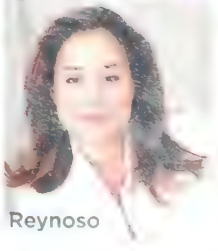
We also debut the first part of our 2004 Special Report, Stress and the American Family (see page 134). All year, we'll examine the social forces that have resulted in our becoming the most frenzied generation of Americans ever, the toll stress takes on our bodies, minds and relationships, and the solutions you can start trying now. We selected one family, the MacKenzies, of Milan, New York, to be our case study for the year, and you can see them in our co-branded report on *20/20* in April (check your local listings).

Diane Salvatore

Diane Salvatore, Editor-in-Chief
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Reynoso

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One lucky family will win a free makeover by our fashion and beauty directors (Carla Engler and Patricia Reynoso, at left) and get to keep the wardrobe and products we pick out especially for you.

To enter, tell us in 200 to 250 words why you want your family to have a style makeover. Maybe it's because you're in the midst of a lifestyle transition. Maybe you're stuck in style limbo and just crave a change. Maybe you or your husband has just gotten a new job and you want to make a different impression.

Send us a current snapshot of you and your family with your essay. The deadline is March 8, so don't delay. The winning family will be featured in the magazine and on LHJ.com. For details on how to enter, see page 80 of this issue or check out www.lhj.com/stylemakeover.



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can this marriage be saved?

"I Forgot What It Was Like to Want Sex"



said Cassie, 48, a stunning redhead who has a grown daughter from a previous marriage. "We've been married six years—it's a second marriage for both of us—and until three years ago we felt, and acted, like newlyweds.

"Now, I have absolutely no sexual desire. The juices never flow, the heat never happens. I want to be more interested in sex, but I'm just not. I've gained 20 pounds over the last few years; it's hard to feel sexy when I feel so frumpy. Still, I'm convinced that the hysterectomy I had three years ago is the real cause of my problems. Since then, I've seen two gynecologists and tried everything from hormone replacement therapy to herbal and homeopathic remedies to improve my libido. Nothing helps.

Jim and I haven't made love in months and months. On the rare occasion that we do, it's nowhere near as good as it used to be. I fear my apathy makes it seem as if it's a chore, and Jim feels that I'm doing him a big favor. I've tried to explain that I love him and still find him attractive; I'm just not in the mood. For instance, the other night I came home from work, and while I was hanging up my coat, he walked up behind me and started kissing my neck. I knew where that was heading—but I was exhausted and the last thing I wanted was sex. I told him to stop it. Whenever I rebuff him like this, he either pouts or, worse, explodes. Jim has a short fuse and can blow up in a heartbeat. He acts the same way if he thinks I'm ignoring his family, criticizing him about some unpaid bill or asking for time by myself.

"But he doesn't understand that sometimes I need my space. My job is stressful. I'm program director for my city's community centers. The hours are long and we're short-staffed. Jim is an economics profes-

BY MARGERY D. ROSEN



sor but for the last six months he's been on sabbatical researching a book, which means that he's always hanging around the house. Besides [illegible] and his two boys, 17 and 19, who live nearby with their mother, there's not a whole lot in his life. He rarely sees his old university friends, dropped his lifelong hobby of woodworking, and stopped playing basketball. His whole world centers on me—and it's suffocating.

"Jim has also convinced himself that I don't like his sons and accuses me of not trying hard enough to be a 'family.' I've always been reluctant to push myself on them. But Jim expects us to be this instant close-knit family. Now that they can drive, his sons drop by at all hours. I feel that coming over without calling is an intrusion on our privacy. Inevitably, we slide into an argument and soon, neither of us can stand to be in the same room.

"Until I met Jim and his family, I didn't know what it meant to be nurtured and loved. I grew up the oldest of three. My mother is incredibly self-centered, and my father, who has since passed away, didn't take interest in my life, either. Mother moved nearby 10 years ago when Dad died, but I rarely see her. My brother and sister both live out of town.

"I met Jim at a friend's party. I'd been a single mom for a long time and Jim was the first man I was seriously interested in. We shared a love of books, politics, gardening and the outdoors. Jim courted me with flowers, home-cooked meals and tickets to jazz concerts. I never felt so much love—or passion—and I miss the way we were. I want to be my old self again, so when Jim suggested counseling, I said I'd go. Still, I'm not convinced that I can change; it's as if, sexually, CONTINUED

my husband has the patience of Job. I

sexless marriage forever. I can't blame

me

and frustrated. I've practically given up," said Jim, 43, who, at 6 feet, 4 inches tall, still looks like the college basketball player he once was. "She's been uninterested in sex for at least three years, which is a real change from the sexually alive woman I fell in love with. She's always telling me she doesn't feel sexy because she's gained weight. Well, who hasn't? I still think she's beautiful! But trying to convince her of that is like talking to a brick wall. When we do have sex, she's so obviously not into it that I can't help thinking that weight isn't her issue, it's me. I feel like she's not sexually attracted to me anymore.

"Cassie's aloof in other parts of our life, too. She'll storm in the door, announce that she has a million messages to return and needs to be alone. Instead of laughing easily as she used to, she's prickly and snappish. She treats me like a fool who can't do anything right. If I fail to pay a bill on time, I'm irresponsible. If I want her to join me and my kids for a movie, I'm not respectful of her privacy. I love that my boys are comfortable coming and going between our house and their mother's. I know Cassie sees it as intrusive, but I'm grateful for any time they want to spend with their old man! I wish I had a nickel for every time Cassie begged off, saying she wasn't feeling well, when we were due at my parents' house for dinner. It means a lot to my parents for spend time with them.

"I grew up not far from here. Dad worked for the electric company. Mother was a bookkeeper. As kids, we always came first. I'm thankful that we still live close enough to visit regularly. My folks often worked two jobs so they'd have enough money to put me and my two brothers through college. I've never seen my father happier than the day I received my Ph.D.

"In the beginning I loved teaching, but the politics of academia wore me down. I needed to jump off the treadmill for a while, to finish a book I've been planning for 20 years. I thought I'd make a lot of progress, but Cassie's right: I've lost my zest for it—and everything else, it seems. I waste a lot of time staring at a blank computer screen. You'd think now that I'm home so much, Cassie and I'd spend more time together. But it's just the opposite.

"The way we've grown apart is so disheartening because we used to be so good together. When Cassie and I met, we clicked right away. We'd both been divorced, both had kids, so we understood and respected each other's issues. I don't know what happened. Our arguments are interminable. I know I have a bad temper, but many times, I try to table things until we both cool down, and she won't let me. I'll even walk out of the room, but she always has to have the last word, and she draws me right back in.

"Right now I know I need to make a lot of changes in my life. I miss the interaction with students and col- ues, and I need to find the confi- e to finish my book. But most of want to reconnect with my wife, which is why I suggested we see a counselor in the first place. I'm not sure how much longer I can go on like this. It's more than not making love. Yes, I miss the sex, but I also miss the intimacy and the passion we used to have for each other. Where did it all go? Is it lost forever?"

> "She treats me like a fool who can't do anything right"

"Low sexual de- can occur at any age, and for a variety of reasons," said the counselor. "It could be lifelong or situational, triggered by physical conditions such as illness, medication, menopause or just the stress of life. Cassie told me that since her hysterectomy three years ago she'd experienced changes in her body—vaginal dryness, occasional night sweats and hot flashes. While it's normal for a diminished sex drive to accompany these symptoms, I suspected there was more than a physical cause at work here.

"I told Cassie that in order to restore her sex drive, she needed to improve her relationship with her husband outside of the bedroom. Their families, children and careers all became fuel for fights and the animosity severed their communication. Cassie's accusations that Jim didn't understand her need for privacy and suffocated her with demands for closeness made him feel sad and angry. After repeated rejections, he became defensive and stopped investing energy in the marriage.

"We hammered out strategies to short-circuit arguments and improve their communication. They agreed that as soon as either sensed that a discussion was becoming CONTINUED


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"She learned to pamper her body and tap into her sensual side"

moment and each other. After a few weeks of these dates, both rediscovered how much they anticipated and enjoyed their time together.

"Meanwhile, I helped Cassie improve her body image. I gave her a couple of sentences to think to herself whenever she felt critical about herself: 'I don't have to look like a model to feel sensuous,' and 'Parts of my body can bring me great pleasure, and if I share them, it will make my partner feel privileged.' As she learned to appreciate who she is now, her bedrock of negativity began to crumble. I also told her that she had to do things that physically aroused her before she would feel a surge of desire. I suggested she pamper her body and tap into her sensual side through regular exercise, massage with fragrant creams, as well as the occasional facial or pedicure. Making time to listen to her favorite jazz CDs, to enjoy a bike ride through the country or the beauty of a sunset would also awaken her senses and add pleasure to her life.

"After about five months, Cassie and Jim felt ready to put lovemaking back into their lives. To break the pattern of rejection that Jim felt, I insisted that Cassie be the initiator. They decided to spend a long weekend in Florida, and while there, they renewed the intimacy that had long eluded them. When they returned, I reminded them that they had to set the stage for romance by scheduling sex just like any other activity. Jim has also asked his children and siblings to call before dropping over. 'They were fine with it,' he said. At the same time, he has made separate plans with his children to attend a football game or have lunch, instead of waiting for them to drop by. With more time alone, Cassie is more open to family get-togethers.

"Cassie and Jim ended therapy after a year, with greater patience and empathy for each other. 'Because sex is supposed to be fun, I didn't realize I had to work at it,' Cassie said. 'But now that I understand that, I feel so much freer to make it even better.'"



"Can This Marriage Be Saved?" is the most popular, most enduring women's magazine feature in the world. This month's case is based on interviews with clients and information from the files of Sallie Foley, M.S.W., couples counselor in Ann Arbor, Michigan, and co-author of *Sex Matters for Women: A Complete Guide to Taking Care of Your Sexual Self*. The story told here is true, although names and other details have been changed to conceal identities. "Can This Marriage Be Saved?" is a registered trademark of Meredith Corporation.

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Was this marriage saved?

She Felt He Let Her Down

When Don lost his business, Brenda took the brunt of the breadwinning and child rearing. Could Don meet her halfway?



"The boys thrive under their father's care," says Brenda, here with Don and their two sons, Dylan (left) and Jared (right)

BY MARGERY D. ROSEN

Brenda and Don [illegible] seven years and living in Fairfield, Iowa, when we ran their story in February 1991. Soft-spoken and easy-going, Don owned a sporting-goods store, and Brenda ran the pharmacy department at a local hospital. But as the economy nose-dived, so did Don's business—and in short order, their marriage. Stressed to the max, Brenda resented being the sole breadwinner and caretaker of their son, Dylan, 5. "I never have a minute to myself," she complained. "I rush home from work, pick up Dylan at the baby-sitter's and make dinner. I'm so frazzled that I wind up yelling at Dylan for every little thing." She blamed Don for failing at his business and causing [illegible]. "I know she's thinking, Why me, God? Why did I [illegible]? Maybe I am a loser. I can't make my business work; I can't make my marriage work." But most upsetting to Don [illegible] were no longer close. "Brenda is always [illegible]. On [illegible]

of Patricia Kelley, Ph.D., a clinical social worker in Iowa City. When we caught up with Brenda, now 47, and Don, 50, we discovered much has changed.

Don: It's hard to remember the way we were. Now we have two terrific boys: Dylan is 17 and Jared is 11. Eight years ago, we moved to Chipley, Florida, where Don's parents live. We'd been there on vacation, and on a fluke, I heard about a job at a hospital pharmacy that paid much more money than I'd been earning. I got the position that day. It was tough for me to leave my family in Iowa since we were all very close, and other than my in-laws, we didn't have a network of friends in Florida to call upon for things. But it forced Don and me to depend on each other again.

[illegible]: . . . And we needed to get away from those fierce Iowa winters!

[illegible]da: I don't resent being the breadwinner anymore. Counseling helped me realize that one reason I felt I couldn't count on Don was because I never gave him the opportunity to show me how much he could help out. I was so super controlling that I always insisted we do things my way. Once I stepped back, I saw how the boys thrived under their father's care—and how special it was for them to have him around.

Don: But I needed to regain my confidence. So I went back to college part time, and took care of the boys after class. But we soon realized that my being a stay-at-home dad was working so well that I should stay home full time.

Brenda: He has also become the kids' soccer coach and scout leader. We're having fun again as a family.

Don: And financially, we're doing just fine. Still, it's hard to shake the feeling that I should be doing more to provide for my family. Even though there are a lot more stay-at-home dads these days, down here I'm the only guy on the field trips. But between Brenda and me, it's no longer an issue.

[illegible]nda: Raising children is such an important job, and now Don excels at it. I thank God for that every day.

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"John was so cute and had a great smile," says Maggie Richardson about meeting her husband

And They Called It Puppy Love

Looking for love among a litter of Border collies resulted in purebred passion for these two dog lovers

[illegible] her 30th birthday, Maggie Heyn, now 34, knew two things for sure: She was finally going to get the dog of her dreams, a female Border collie, and she was going to stop compromising in the boyfriend department. "I made a conscious decision that there would be no more mercy dating, no more kissing frogs [illegible] yes to a bad match because of one redeeming quality," says Maggie, a consultant for the city government of Baton Rouge, Louisiana.

She had no clear plan, however, for procuring either the dog or the man. Luckily, fate stepped in and managed to get her both.

Through a book-club friend, Penelope Jenkins, Maggie heard about a Border collie who had just given birth to purebred pups. But when she called the owner, she was disappointed to learn that the only female in the litter was spoken for. Consumed with her job and her community activism (she organizes citizen crime watches in Baton Rouge's poorest neighborhoods), Maggie put her dog desire on the back burner for a few months.

Meanwhile, Jenkins was seven months pregnant. Her all-male teammates on Turbodogs, the Ultimate Frisbee team she belonged to, decided to throw her a baby shower, and invited the book group.

Armed with a plate of brownies, Maggie arrived at the home of the host, John Richardson, an environmental engineer. As soon as John, now 39, opened the door, Maggie was a goner. "John was *so* cute and had a great smile," she says.

Distracted by his host duties, John had little time to do more than exchange brief pleasantries with Maggie. She mentioned that his house seemed to have a nice backyard, and he replied that it would have been nicer if his two dogs hadn't torn it up. He remembers looking into her friendly, intelligent eyes and suddenly feeling "desperate to get to know her," even though he assumed that she had a boyfriend. An uneventful hour later, Maggie and her friends took off.

The next day, John asked Jenkins whether Maggie was dating anyone. His heart soared when he was told that she not only was single but also very smart. In fact, Jenkins informed him, she was CONTINUED ON PAGE 30

BY RENÉE BACHER



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Maggie and John rounded out their family with a daughter, Marien, 2, shown here with the four-legged Maggie

another sign of how well matched they were.

A week later, while visiting Jenkins's newborn daughter at the hospital, John and Maggie discovered the most cosmic connection of all. The pair began chatting about babies, puppies and the unbearable cuteness of both. Maggie mentioned that she had tried to buy a Border collie puppy from a friend of Jenkins's a few months earlier, in September, but that the female she wanted had already been claimed.

"Was the friend's name John Malone?" John asked.

"Yes," Maggie said. "Why?"

"He's the person who sold me my dog in September."

"You mean *my* dog!" Maggie said, laughing out loud at the impossible coincidence. But there was more.

"I hadn't thought about what I'd call my puppy," John said. "But when I saw her, a name just came to me out of thin air: *Maggie*."

A year after their first meeting, the couple married in a large ceremony at the Catholic church in Maggie's hometown of Columbus, Georgia. Just six weeks after her 31st birthday, Maggie had reached her goals, getting her guy and her dog in one perfect package.

John is often asked if it's confusing to have two Maggies in the house. "Not really," he replies as he looks endearingly at his spouse, cuddled on the couch with her namesake and their 2-year-old daughter, Marien. "I usually call my wife 'sweetheart.'"

planning to fix her up with an MIT graduate she knew.

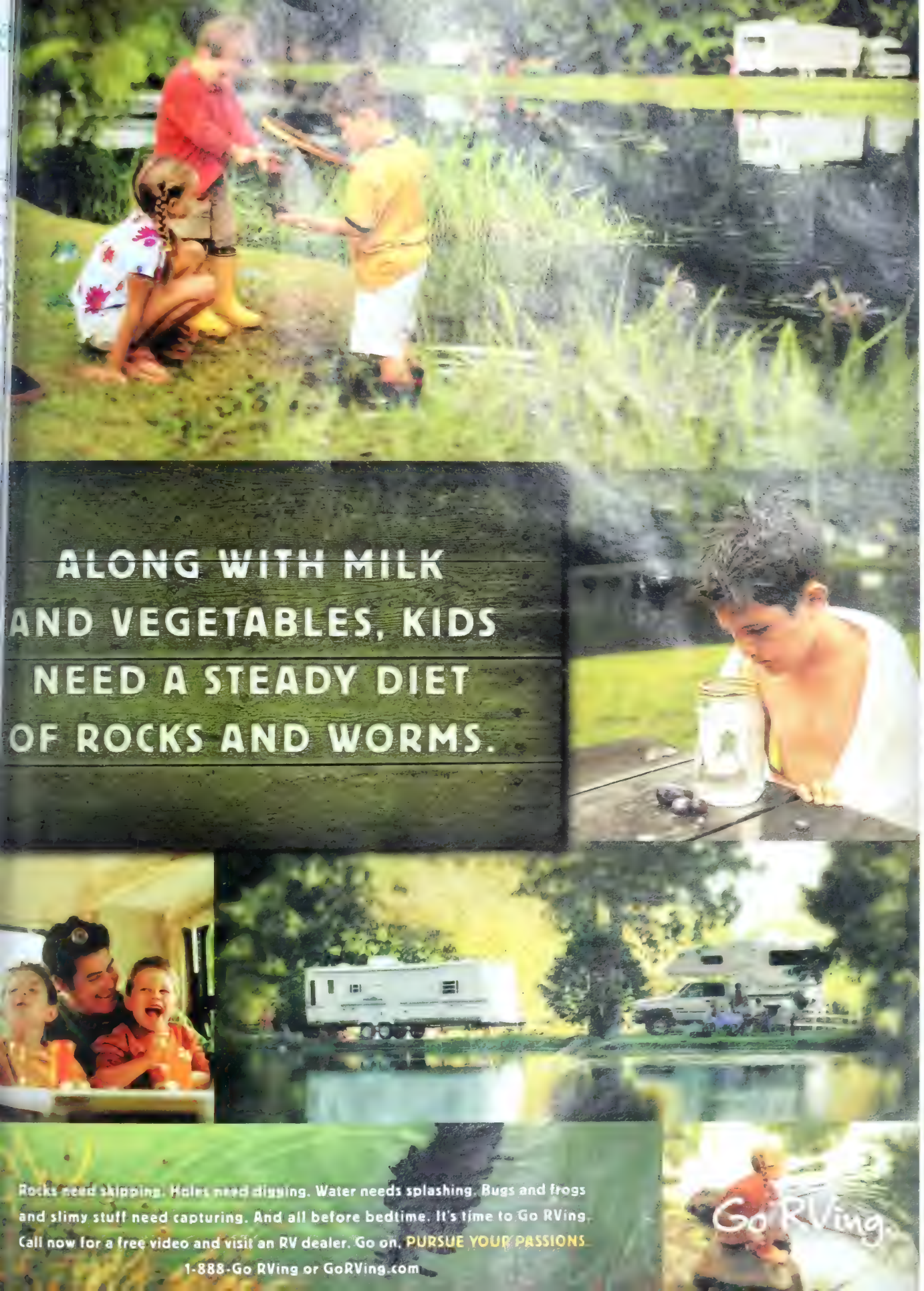
"Hey, what about me?" John protested.

The date with Mr. MIT never materialized. Instead, Jenkins and her husband took John to Maggie's 30th birthday bash at a local restaurant. When they walked in, John spotted Maggie on the stairs. "She was dazzling," he recalls. Surprised but delighted to see him again, Maggie began talking with John about the environment, and she was thrilled to discover that he shared her passion for improving it.

The bond was cemented over a romantic dinner, alone, a week later. "That's when sparks really flew," says Maggie with a grin. "John is close with his family and an only child, like me. He talked about his job as an engineer, and about making sure his plant meets federal environmental regulations. We both like feeling that our work contributes to the greater good."

Their next date was a Sunday jog along the Mississippi River with John's dogs, a chocolate lab and—surprise—a Border collie. "Oh, my gosh, I love Border collies!" Maggie exclaimed upon seeing the three of them. Secretly, she took this as yet

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family matters



The Wedding Gift That Keeps on Giving

Can't figure out what to give the bride and groom? Forget the china. Go for a gift certificate for a relationship course to help the newlyweds' marriage last a lifetime. That's exactly what Melissa Gonzalez's mom gave her and her fiancé as an engagement present, and three years later, the Silver Spring, Maryland, pair continue to benefit from the communication skills they learned in Relationship Enhancement. "The wedding is fantasy," says Gonzalez. "The course teaches you about the real situations that'll come up later."

Classes range widely in cost and content—from Equality in Marriage Institute's $15 "Commitment Conversation," a workbook that couples can do at home, to the Gottman Institute's $495 weekend workshop on conflict and strategies for preventing divorce.

Although some people might be afraid the gift could offend the couple, it's usually well-received, says Diane Sollee, founder of smartmarriages.com, a clearinghouse for marriage courses. "People want to do something different from their parents, who probably went to therapy *after* the marriage got rocky." *—Francesca Di Meglio*

Are Your Kids Ready to Stay Home Alone?

These days many parents are asking themselves that question, especially since more than 3 million kids in the U.S. under 13 care for themselves at least a few hours a week, according to a study by Child Trends in Washington, D.C. Although state laws vary regarding what age you can legally leave your child alone, Sherryll Kraizer, Ph.D., executive director of the Coalition for Children, says that children under the age of 9 are too young to stay home unsupervised and that kids shouldn't watch siblings until they're at least in middle school. "You need to evaluate your child," she says. "If your kid asks a lot of questions about what might happen when they're alone, it may be a sign of anxiety and immaturity," she says.



For moms, the good news is that being a latchkey kid isn't necessarily a bad thing. "Obviously, there are risks, but letting kids spend some time caring for themselves as they get older and more responsible can be a healthy part of development," says Sharon Vandivere, senior research analyst for Child Trends. *—Sondra Forsyth*

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LIPITOR

Brief Summary of Prescribing Information

CONTRAINDICATIONS

HMG CoA

WARNINGS Liver Dysfunction

normal ULN or consumption

receive atorvastatin

10, 20, 40, and 80 mg, respectively

recommended that liver function tests be performed prior to and at 12 weeks following both the initiation of therapy and any elevation

thereafter

TRAINDICATIONS: **Skeletal Muscle** — Rare cases of rhabdomyolysis with acute renal failure secondary to myoglobinuria have been reported with atorvastatin and with other drugs in this class

increased with concurrent administration of cyclosporine, fibric acid derivatives, erythromycin, ac

benefits and risks and should carefully monitor patients for any signs or symptoms of muscle pa
weakness, particularly during the initial months of therapy and during any periods of upward

Atorvastatin therapy should **be temporarily withheld or discontinued in any patient with an acute, serious condition suggestive of a myopathy or having a risk factor predisposing to the development of renal failure secondary to rhabdomyolysis (eg, severe acute infection, hypotension, major surgery, trauma, severe metabolic, endocrine and electrolyte disorders, and uncontrolled seizures)**

PRECAUTIONS: General — Before instituting therapy with atorvastatin, an attempt should be made t

Information for

Patients — Patients should be advised to report promptly unexplained muscle pain, tenderness o

Drug Interactions

Antacid

Antipyrine

Colestipol

Cimetidine

Digoxin

Erythromycin

Oral Contraceptives

Warfarin

Endocrine Function

CNS Toxicity

Carcinogenesis, Mutagenesis, Impairment of Fertility

CONTRAINDICATIONS

Pregnancy — Pregnancy Category X See

Nursing Mothers

LIPITOR has not been studied in controlled clinical trials involving pre-pubertal patients younger than 10 years of age

Geriatric

ADVERSE REACTIONS

Clinical Adverse Experiences

are

Adverse Events in Placebo-Controlled Studies % of Patients

BODY AS A WHOLE				
Headache	5.4			
		0.0	1.3	
				3.2
			3.8	
Back Pain				1.1
			3.8	
DIGESTIVE SYSTEM				
		0.0	3.8	
			1.3	
		2.8		1.1
RESPIRATORY SYSTEM				
			1.3	
SKIN AND APPENDAGES				1.1
MUSCULOSKELETAL SYSTEM				
			1.3	0.0

Body as a Whole

Digestive System

orexia, increased appetite,

Respiratory System

Nervous System

pesthesia, hypertonia. ***Musculoskeletal System:*** *Arthritis*, leg cramps,

Skin and Appendages

Urogenital System

Special Senses

Cardiovascular System

Metabolic and Nutritional Disorders

Hemic and Lymphatic System: Ecchymosis, anemia,

Post-Introduction Reports

Pediatric Patients (ages 10-17 years)

OVERDOSAGE

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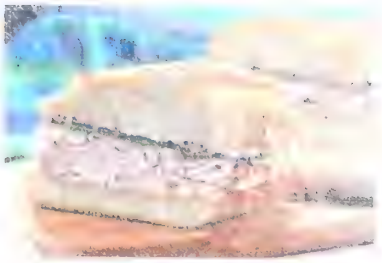
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- 1 loaf French or Italian bread (about 20 in. long), halved lengthwise
- 8 ounces thinly sliced smoked turkey breast
- 1 bunch arugula or spinach leaves, rinsed and patted dry

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In bowl, combine mayonnaise, tomatoes and basil. Spread mixture on bread. Top with turkey and arugula. Slice and serve.



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Hidden Costs of Cell Phones

Nearly half of American teens have cell phones, according to the Chicago firm Teenage Research Unlimited. And since many plans charge only about $20 a month to add a family member to an account (and often throw in the phone for free), what's not to like?

Plenty, if you read the fine print. If your teen insists on all the bells and whistles—pictures, text-messaging, e-mail—that cells can be equipped with, the costs will skyrocket. Picture messaging typically costs 25 cents per image, and text messages run about a dime for every greeting sent. "It adds up faster than you might think," says Denver mom Kay Sandler, whose two teens both have these state-of-the-art cells.



Besides, having your child reachable 24/7 by cell (an undeniable plus) still doesn't nail down her whereabouts. "To make sure your child is where she claims to be, follow up cell-phone conversations with the occasional land-line call," advises Edward Christophersen, Ph.D., author of *Parenting That Works*. Of course, if you're willing to play Big Brother (make that Big Mother), brand-new global positioning system (GPS) technology available through such companies as uLocate and Wherify Wireless lets you track your teen's real-time location on a Web site. The larger social implications of such monitoring—which many experts predict will be ubiquitous by 2005—remain to be seen, but it's a safe bet that teens will be among the first to claim invasion of privacy. *—Janine S. Pouliot*

A Dangerous Sex Trend

Oral sex has become a widespread practice among adolescents. A staggering 40 percent of 10th-graders engaged in oral sex in the past year, with a quarter reporting three or more partners, according to a survey in the *Journal of Pediatric Psychology*. Kids like that oral sex preserves their status as virgins, won't result in pregnancy and carries little risk of HIV or other STDs.

The latter, however, now appears to be wishful thinking. In a 2003 University of Wisconsin study, 78 percent of new cases of genital herpes were caused by a virus found chiefly in the mouths of 16- to 21-year-olds. An even more sobering study from Johns Hopkins linked certain strains of the human papillomavirus (HPV) to head and neck cancers. "Having performed oral sex on more than one partner in the previous year increased the risk of contracting this untreatable STD," says lead researcher Maura Gillison, M.D. Clearly, parents need to have serious sex talks with their teens.

—Caroline Stanley

THE TEEN CREDIT-CARD CRISIS

At 18, your child becomes eligible to have a credit card in her own name (in other words, Mom and Dad no longer have to co-sign or be liable for debts). That explains why your mailbox is suddenly awash in preapproved credit-card offers. But if this mail is not destroyed, warns American Consumer Credit Counseling spokesperson Bob Currier, "the recipient is vulnerable to identity theft, because a felon can change the address and have the card and statements sent to a blind post-office box."

Nearly 90 percent of kids, though, take the bait, with more than a third acquiring their first card in high school. By college, they carry an average of three cards, with balances totalling around $2,500, according to the national student loan financing corporation Nellie Mae. The upshot: Like many of their elders (48 percent of adults pay only their minimum charge each month), teen card holders quickly learn to use high-interest plastic to live well beyond their means. *—J.S.P.*

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Picky, Picky, Picky

How many of us approach kid mealtimes with a bellyful of anxiety?



Recently, my husband and I were away on vacation for a week, his parents bravely, flawlessly oversaw our children Sam, 13, and Lila, 11. On our return, the kids met us at the door bursting with this happy news: "Grandma and Grandpa bought us HoHo's!" Grandma winced, as though she'd been caught slipping them vodka martinis. "That's great, that's what grandmas are for," I said—and meant it. But it took two subsequent phone conversations to reassure Grandma that really, it was quite all right.

I guess I have a certain reputation as a meanie-old Sugar Control-Freak. As part of a generation determined to Build a Better Baby, I'm sure I've erred on the shrill side of caution with healthy food, especially when Sam and Lila were toddlers. Hint: Even my own mother, who found my rules a bit harsh, used to gift wrap a box of Froot Loops for our kids to tear into on Christmas morning.

I've relaxed a bit since then; I'd be a fool to face the teen years brandishing a spear of broccoli. But I'm still a Mean Mom at mealtimes—and proud of it. Though I now recognize pizza as a food group unto itself, I refuse to abandon my fight against an insidious eating disorder far more widespread than sugar and fast food addictions—food brattiness. It's a growing form of parental enslavement that goes beyond the classic "picky eater." And it makes feeding children even harder. Think about it: How many conversations have you had with other moms about What They'll Eat? How many of us approach kid mealtime with the same anxieties instilled by that fearsomely finicky Morris The Cat?

Before I had children of my own, I used to blame food brattiness squarely on the parents. I'd been startled by the 3-year-old who spat out my homemade spaghetti sauce and yawped, "*That's not my marinara!*" His mama declared, almost proudly, "He only eats Paul Newman's brand." Inwardly, I muttered, "You ninny." What sensible adult would let a toddler dictate the shopping list?

Alas, as a new mother, I was a fool of another sort—an optimist. Sam began life as a cheerful omnivore; at age 3, he wolfed down eggplant parmigiana and sesame noodles. Asparagus! Pea soup! Other moms goggled in envy. Then at age 5, darkness fell and my boy became a pouty sultan of absolutes. Kindergarten lunch could be only a peanut-butter sandwich, no jelly ever-ever-ever. I went along with it, since he got variety at other meals. Then we got a note from his teacher: Sam thinks he might like something besides peanut butter for lunch. I investigated further: He'd been trading a lot of the sandwiches and it seemed the currency of plain P.B. had just fallen.

D'oh! I smacked my forehead in a Homer Simpson spasm of enlightenment. The little weasel was double-crossing me. Finally, I got it: Food brattiness is a complex double helix of nature and nurture. Real hunger may be primal. But in a CONTINUED

BY GERRI HIRSHEY

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land of plenty, with super-size supermarket aisles and endless choices, kid nutrition has become a war of wits. Shortly after the P.B.-no-J. caper, I watched, horrified, as a friend tried three separately cooked entree choices on her little dictator, who pronounced thumbs-down on all of them and commanded, "*Mac and cheese! Now!*" In my own home, I confronted the food peccadillos of visiting kids. The otherwise wonderful Max only eats "white food"—plain pasta, boiled chicken breast, steamed rice. Samantha, who claims to just adore pizza, maniacally scrapes off every bit of sauce and cheese before the pitifully naked crust can touch her lips. Kenny can eat no food—from pancakes to baked beans—without a red tide of ketchup; he travels with packets of it like so much snakebite serum. "You never know," he told me, "when somebody might try and make you eat something . . . plain." Few are shy in expressing their suspicions of O.P.F. (Other People's Food). My mom, who was helping out at Lila's 5th birthday party, still talks about the ponytailed connoisseur who looked askance at the platter of chicken nuggets and chirped: "Are these the good ones or the *cheap* ones?"

Faced with the notion of my kids treating me like some rock star's personal chef ("Remove the brown M&M's! No cheese on Thursdays!"), I settled on a policy of tough love at the table and continued vigilance at the market. It's a simple, no-nonsense plan. And it's not too different from that of my parents, who knew real hunger as children during the depression. They fed us supremely well—with a heaping side order of respect for good food, and those who work to put it there. Fussing was not an option. Like my mom, I cook well and often. I make a lot of stuff they like, along with some things the adults like better. If they're truly hungry, they'll eat it. If not, they'll live. And Mom and Dad will finish their meal in a whine-free zone. If they honestly hate something, it goes off the menu. And cruising the supermarket aisles, I developed an immunity to their piteous mantra ("You're so mean!") as we pass the gooey-gummy lunch snacks.

Has it worked? After nearly a decade of this policy, I think they've chosen to skip about three meals. We can take them anywhere, without trepidation. They're skinny but robust. Risking catcalls from the rest of you, I will reveal that Sam's favorite veggies are brussels sprouts. His greatest triumph, beyond a pretty fallaway jump shot, is getting his 7-year-old cousin to try—and like—calamari. I'd never pretend to have food brattiness completely eradicated in our house. But I have learned this much: Be as accommodating as a short-order cook and your kids will eat you alive. Be a total, unrelenting Grinch and the battling will never stop. Meet them halfway across the kitchen table—with a little sugar added—and you stand a fighting chance. It was in this renewed spirit of dining détente that I bought my first package of HoHo's last week (well, two: original and caramel). Sam whooped when he saw them on the counter, then caught himself. "Whoa, Mom, are these for us? Mom, you okay?"

"Getting there," I told him. "Save me a bite."

LHJ.com Find finicky eater tips and parenting advice at: www.lhj.com/finickyeater

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The Games Men Play

As their husbands rack up sore knees and stiff backs, women wonder why grown men won't stay off the basketball court. Hint: It's about body *and* soul

BY STEPHEN FRIED

Every Sunday morning at 7:30, I bring my wife a cup of coffee in bed. And every time, I get the same yawning response.

"Play nice with the other boys," Diane says before rolling back over to sleep. "And don't get hurt."

It's not exactly an inspiring pep talk as I depart for the gym. But, in many ways, I share her concern about the half-court basketball game I've been playing in, with the same group of guys, for the past 12 years. In our game, where the average player age is about 48, winning isn't everything. Being able to walk to the whirlpool unassisted afterward is everything. Being able to play the next game is everything.

I'm at the age when most men experience basketball only in memory and on television, especially this month during the NCAAs—which they watch until it's warm enough outside to play golf. So I'm pleased to be part of a group that plays and sweats together, year-round, held together by ankle and knee braces, prescription goggles, taped fingers, and the power of competitive camaraderie.

I must admit that I'm awed by the amount of intense time this group of guys spends in the alternative universe of our half-court-at-midlife game. Not only do we play three times a week, but we also e-mail promiscuously—making sure we have enough players and CONTINUED



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heart of a husband

cyber-trash-talking about previous games. But only one player has ever said his wife was bothered by the amount of time his family was losing to the game. And that could be because they have four kids whom she left her law career to raise, and because he also has a lot of travel and dinner commitments for work. He also has the worst injury record in the game: two torn knee ligaments, both of which required surgery and extensive rehab.

Another player actually came to the gym one Sunday morning directly from the delivery room after his first child was born. He claimed he got permission from his wife, who had just finished 12 hours of labor.

We are still waiting to hear her version of this conversation.

As for Diane, her reaction is always the same: "Just don't get hurt." And when I do get hurt—so far no surgeries, but a lot of very colorful sprains, cycles of excruciating back pain, and an endless variety of contusions and gouges—she never calls me an idiot (although she may be thinking it), because she knows the game sustains me in ways that matter to our marriage. If anything, Diane would like me to have more hobbies. She wants the extra time alone in the house to write (she's a novelist). But she also realizes how much I need to interact with a regular group of guys for reasons other than work or family—to recreate a certain bunk-mentality that I associate with summer camp, a dynamic that's increasingly hard to find as the hair under your bandanna grays (or disappears). There's also the purely physical

satisfaction of your body's doing something perfectly without your even thinking about it. Each of us has become addicted to the autonomic ballet of his best shot.

As the game has evolved, we've gotten to know each other's playing styles, moods and physical changes intimately. We play only with the guys we bring (based on the principle that if you're going to have a career-ending injury, it should at least be inflicted by someone you know and like). So we are able to experiment with different matchups—except for the two attorneys we call "the Bruise Brothers," who play with such disregard for their own bodies that we allow them to guard (and hurt) only each other.

While this is far from a sweaty support group, we have developed a kind of brotherhood over 12 years' playing three-on-three. We're quick to comment on physical changes (in weight or mental acuity) and we minister to each other's injuries (out of a combination of compassion and selfish need to retain our regular players). We also bear witness to the plot twists of our off-court lives and offer whatever support we can. Several years ago, one of our players lost his executive job. That sent a chill through a group that had come together in their 30s when we were young marrieds, but now were staring down the bazooka barrel of middle age. So after years of playing only on Sunday, we decided to add a second game, and started playing on Wednesday afternoons, too. We told ourselves we were doing this to help our friend through a rough time but, in truth, we created this afternoon "hooky game" to stave off our own midlife crises. It was a much cheaper and less risky indulgence than a sports car or an affair.

didn

We liked the
much, we added another
day. And so far,

on-court banter focused
controversies, our post-game
sions have a tendency to sudde
most private of matters. And then we get dressed and go back to our lives.

Several weeks ago, my basketball buddies and I attempted to do something together besides play. It was the first time in 12 years that we had all seen each other in anything but gym clothes. One of the Bruise Brothers was fighting in a celebrity boxing match on a Saturday night, and we decided to meet for dinner and then go watch somebody whack *him* for a change.

The dinner conversation was pretty subdued. Apparently, we have an easier time being loose with our feelings when physically spent. (So, if you have trouble getting your husband to open up, try athletic sex, or maybe just have him run around the block a few times. The fight itself was also pretty subdued. Afterward, I wondered if the group would go out drinking together. Instead, at 8:45 on a Saturday night, most of us were ready to call it quits.

After all, we had basketball in the morning.

Next month: The truth about men and their hair, be it thinning or bushy.

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"He knows he's special," says Eidson of Max, the big dog on campus

The Poodle Principal

Offering wet kisses and a canine shoulder to cry on are just two of the ways Max helps struggling teens at an alternative high school feel better about themselves—and life

[redacted], the new principal of Fern Ridge High School, outside St. Louis, showed up on the first day of school in September, the students had one burning question: "Where's the dog?"

Rumor had spread around the halls and throughout the cafeteria that Fern Ridge was getting a dog. A dog! No other school in Parkway School District had its very own dog. "This seemed like the right school in which to try something like this," says Eidson, 50, proud owner of Max, an 18-month-old standard poodle. Black with a white stripe on his chest, he's a big dog—80 pounds of thick, curly fur topped by soft eyes that [redacted]

[redacted] like Max was just what was needed at Fern Ridge, an alternative school founded in 1982 to provide "disengaged" teens the opportunity to maximize their intellectual and social skills. The school's close-knit population of 115 students and 11 teachers had been known for fostering a feeling of family. But how can you have a family without a family dog?

That's what Eidson wondered when she was hired at Fern Ridge, so with the full support of the school's superintendent, she set out to find the perfect dog. Eidson handpicked Max from a litter by a local breeder, and spent the summer training him for the American Kennel Club's Canine Good Citizen test. He passed—a necessary prerequisite to becoming certified by Therapy Dogs, a national organization that oversees the good manners of therapy dogs. In addition to knowing standard obedience commands, Max possessed another essential, but often elusive, quality in abundance—a gentle, calm and loving nature. "This is the most incredibly laid-back dog," says Eidson. "You pet him and feel your blood pressure drop."

This wasn't the first time Eidson had thought to enlist a dog in her effort to reach students. In the late 1980s, as director of special education in nearby Meramec Valley, she brought in Banjo, a puli and certified therapy dog, to work with grade-school children with behavioral difficulties. Eidson delighted in how Banjo not only helped

CONTINUED

BY JEANNE MARIE LASKAS

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TODAY'S DATE:

—/—/—

MY PET EATS HIS FOOD:
1. begrudgingly
2. casually
3. eagerly

I WOULD DESCRIBE MY PET'S COAT AS
1.
2. fairly shiny
3. healthy and glossy

I WOULD DESCRIBE MY PET'S SKIN AS:
1. dry and itchy or flaky
2. normal
3. very healthy

MY PET'S ENERGY LEVEL IS:
1.
2. fairly good
3. good
4.

MY PET'S EYES ARE:
1. dull
2. normal
3. bright and shiny

WHEN I'M ON "POOP SCOOP DUTY,"
I NOTICE MY PET'S STOOLS ARE USUALLY:
1. loose and messy
2. small and firm

NOT THAT I'M COUNTING, BUT MY PET POOPS:
1. several times a day
2. at least twice a day
3. once a day

OVERALL, MY PET SEEMS TO BE:
1. unhealthy
2. healthy
3.

TOTAL



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ONE CAN MAKE A DIFFERENCE.



"Max makes my face light up," says one student. "He makes me feel good"

him. So a week into the school year, I turned to Max and said, 'Come on, boy, it's time!'" Max, asleep on Eidson's bed, seemed excited to leave his doggie siblings—Annie, a toy poodle, Webster, a shar-pei, and Cash, an American Staffordshire terrier—at home to do normal pet duties.

Max rode beside Eidson in her SUV, proudly wearing a St. Louis Cardinals collar and a heart-shaped tag that reads "I am a therapy dog." When he arrived in the school's lobby, where students were waiting for him, he was greeted with cheers. "Max is here!" the students yelled. "Cool! He's our school dog!" Max obeyed their commands to sit and give a paw in hallways, classrooms or wherever he roamed. And they delighted in all his antics, be it stealing pencils or treats.

It soon became clear that Max would have a vital role to play. "A few days after he started coming, I had a student crying in my office



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about some troubles at home." Eidson recalls. "Max put his head on her lap and looked up at her. She started petting him. She stopped talking to me and started talking to Max. 'Well, at least you love me, Max,' she said. 'I guess I really do matter, don't I, Max?' "

It happens again and again, and the teachers at Fern Ridge welcome all that Max does to help keep volatile teenage emotions under control. Students having trouble concentrating might be sent out of class to take Max for a short walk, and often return calm and receptive to learning. Others find that just petting him helps them relax and focus. (Studies have shown that dogs can lower blood pressure in people faced with stressful situations.) Guys who can't talk about their girlfriend troubles will come in to Eidson's office and talk to the dog. And that trusting environment inevitably opens the lines of communication between the students and Eidson.

When Savannah Allen, 17, sees Max in the morning before school, "my face just lights up," she says. "He makes me feel good about myself." Jason Marks, 19, has volunteered to be Max's official daily dog-walker during third period, and it's definitely improved his attendance record. "Max makes me want to come to school," he says. "Max depends on me to be here."

[illegible] Max help these kids with their self-esteem," says Eidson. "They're learning a lot about relationships and unconditional love, and how to care for others. Oh, I just think we should put dogs in all our schools!"

She pauses to consider the practical concerns of this. "First of all, you'd need someone willing to bring the dog to school every day." This is no problem for Eidson, who thinks of herself as Max's mom. "We're so bonded," she says. "He knows he's special to me. When I'm at home petting my other dogs, Max won't whimper or bark or growl. He'll just climb up on me and get on my lap.

"Yeah, an 80-pound dog who thinks he's a lap dog," she says with a laugh. "That's his only problem."

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Family front



The New Stay-at-Home Mom

We used to think that the most critical time to stop working was when our children were babies and toddlers. But new research suggests that adolescence is when our kids need us most

BY CAROL LYNN MITHERS



For Cindy Bar, a Bethesda, Maryland, lawyer, the epiphany came when she realized she was jealous of her children's baby-sitter. "I was out of the house by 8 in the morning and didn't get home till 7 at night," remembers Bar, 47. "Then I'd have to get out of my work clothes and make some semblance of dinner. By the time we were done eating, even if I kept Justin and Samantha, now 12 and 10, up late and spent every second with them, we had maybe half an hour of play time. I knew there were a hundred things going on all day that the sitter was sharing with them and I wasn't. And I was envious of the baby-sitter and the other mothers in my community who got to spend more time with their kids."

Bar had never considered giving up her job when she became a mother. But as her kids grew, she found she enjoyed their company more. And then needs seemed to get more complex. Parenting became not just cuddling and patching skinned knees, but cheering at soccer games and talking through homework projects. Meanwhile, Bar made partner at her law firm, which put her under increasing pressure. "I was living my life by a to-do list and a time clock, and I wasn't enjoying any of it, which spilled over onto my family," she says. "My husband, who worked long hours, too, encouraged me to think about my options. Then another partner retired, and I was asked to take over his department. I woke up one day and realized the scales had tipped. In 10 years, my children would be gone. In 10 years, I could work as a lawyer again. [illegible] But I wouldn't get back that time with them—and I wanted it." After long discussions with her husband, Bar told Justin and Samantha that everything was about to change: Mommy was coming home. Three years later, she says simply: "I am so happy I did this."

Sherri Pearson, 48, of Bloomington, Illinois, stepped off a career path that included full-time jobs as an emergency room nurse/manager, physician recruiter and sales manager nine years ago, when her daughters were 11 and 6. Since [illegible]

stay till midnight
ork all weekend to
school gave her a new career
and the flexibility to
work just weekends.
"When I worked full
play soccer because there
was no one to take him,"
she says. "My daughter
couldn't take ballet. If
they didn't spend hours
in after-school care, they
had nowhere to go. I
couldn't have them coming home to an empty house."



Parents need to be available to talk to teens—and even to fight with them

What these three women did is changing the definition of "stay-at-home" mom. While most women who drop out of the workforce do so when their children are infants and newborns, a trend is afoot for moms to work early on, then stay home when the kids are preteens or teens. Their instinct is being supported by striking recent research that one of our long-held parenting assumptions is wrong: As our children approach adulthood, they need us as much as they ever have, if not more.

THE ABANDONED ADOLESCENT

Virtually every parent has heard how much crucial physical and emotional development occurs during a child's first few years of life. As a result, we've become intently focused on making those years count, showering babies with love and attention, as well as toys and experiences that will engage and stimulate them. Unfortunately, this early concentration has been accompanied by a slacking off later. For example, while 75 percent of parents of 9-year-olds report "high or moderate involvement" in their child's school-related activities, by age 14, only 55 percent of parents are still that involved, and with each passing year, the rate continues to drop. Our intense focus on how kids spend their non-school time similarly fizzles. A national telephone survey of kids ages 14 to 17 done in 2001 for the YMCA found that the average teen was left unsupervised after school two days a week—and for 32 percent it was three or more days.

"There's a widespread notion that the older kids get, the less parenting makes a difference, and the less kids want their parents involved in their lives," says Laurence Steinberg, Ph.D., a professor of psychology at Temple University in Philadelphia and author of *The Ten Basic Principles of Good Parenting*. "Neither is true." In fact, studies show that parents retain an enormous influence over their almost-grown kids. Teens who felt that their parents liked, respected and took them seriously were less likely than their peers to smoke and drink, according to a study of more than 4,200 middle school students published in the journal *Health Education & Behavior* in 2001. Being "connected" with their parents and families (which not only meant feeling loved but having a parent present before or after school, at bedtime or dinner) helped protect teens against almost every health-risk behavior studied, according to the National Longitudinal Study on Adolescent Health, which studied more than 12,000 girls and boys in grades 7 to 12. Another survey, published in 2002, showed that girls whose mothers were actively engaged in their lives were far less likely to have early sex.

Finally, it's become clear that adolescence is a time of surprising physical and psychological development. Within the brain, many of the excess cells and connections formed during childhood are "pruned," leaving only those that are frequently used, according to Jay Giedd, M.D., a neuroscientist at the National Institute of Mental Health. That means what children do during their adolescent years may affect the hard-wiring, the physical connections, of their brains. Psychologically, "all kinds of development occurs," says Dr. Steinberg, "including the growth of independence, self-reliance, and the ability to control anger and anxiety and to behave morally. Teens also develop the ability to have relationships characterized by intimacy, trust and loyalty."

Mothers may not have read these studies and statistics, but they seem intuitively aware of them. For Lisa Dembiczak, the overriding fear was what could happen if her children came home from school to an empty house. "Everything I read said that that's when they get into CONTINUED

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[illegible] Pearson was concerned about who her daughter [illegible] was [illegible] who [illegible] Bar worried [illegible] children's academ- [illegible] their moral [illegible] these kids who don't have a sense of belonging or wholeness," she says. "If I wasn't there and something happened, if my children got into some kind of difficulty, I'd never forgive myself."

WEIGHING THE TRADE-OFFS

That's not to say that the decision to leave the professional world is easy. Pearson's work had always given her "a sense of purpose and self-worth"; Dembiczak worried about being bored ("and sometimes I am," she confesses); Bar says that the idea of being dependent on her husband for financial support was difficult. All three women's husbands were supportive of their wives' desires, though often decidedly ambivalent about the financial cost, which was and is very real.

Still, these parents say, the trade-off was worth it—not because of dramatic changes in their children, but in the slow and steady accumulation of time they've been able to spend with them, something that experts stress is crucial to good parent-teen relationships. "The research is quite clear about the need for parents to be around enough that a connection can happen when a teen is ready, enough that they convey the message that the door is always open," says A. Rae Simpson, Ph.D., program director for parenting education and research at the Massachusetts Institute of Technology, in Cambridge. "Parents need to be available to talk to teens—even to fight with them. Teens do a great deal of challenging and testing, but they still look to parents to set rules and limits, and for their opinions. At times they may provoke conflict, to help them figure out where they themselves stand. To help them shape their ideas and learn the process of arguing and disagreeing in a way that's healthy and leaves everyone feeling okay is so valuable—and it takes an enormous amount of time."





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"With younger kids, you can decide when to read or play," adds Dr. Steinberg. "Teens have their own schedules, and you can't *plan* an intimate conversation. To have the great moments, you really need to be on call as much as possible."

For Bar, one great moment came by accident, when she fell into a profoundly serious conversation with her son. "One day he came home from school and said, 'Mom, they talked to us about drugs today. Have you heard of cocaine? Do you know anyone who's used it? There was a really good guitarist, Jimi Hendrix, and he used drugs.' Because I was there, I could really get into it with him. I could say, 'Yes, Jimi Hendrix was talented, but he's no longer alive.' If he'd brought this up when I was just walking in the door at 7 and struggling to get dinner on the table, I wouldn't have taken the time for an in-depth conversation."

When, during a car ride home, Pearson's daughter casually mentioned that a new, city high school included a day-care center for the children of teen moms, "there was an opportunity for me to talk about my belief that children should come after marriage," says Pearson. "There are days when I pick her up from school and she unloads everything. She talks about what happened that day, how it affected her—she tells me things she never would if I hadn't happened to be there at exactly that moment. I just didn't have time for that when I was working. I went through a period when I worried if I was a good mom. Now there's no question." For Dembiczak, the change is so profound that "every day has its moments. Raising children isn't about watching them take the first step. It's seeing every step."

Mothering during the adolescent years, these women acknowledge, is different from mothering during infancy, when the years ahead seem endless, open and full of promise. This time is bittersweet, the final years before children are out the door for good. "I saw this as my last chance," says Pearson. "A lot of us think that it's too late to come home in this season of mothering—but it's not."

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How Trusting Are You?

The next time you meet someone who seems untrustworthy, try to sneak a peek at a calendar before you write her off as bad news.

Where you are in your menstrual cycle may actually determine how trusting you are of others, say researchers at Claremont Graduate University in Claremont, California. In one study, 21 college students were asked to give up to $10 to an anonymous person who possibly would reimburse them threefold. Researchers found that students who were ovulating kept a tighter fist on their money than those who were elsewhere in their menstrual cycle.

What could be the reason? Higher levels of progesterone during ovulation, when it is possible to become pregnant, stop brain receptors from processing oxytocin, a hormone linked to social and maternal bonding.

In other words, it's possible that Mother Nature brings out the skeptic in would-be moms as a way to ensure that every move they make is in the best interest of potential offspring, says Paul J. Zak, Ph.D., lead researcher in the study. *—Jen Matlack*

HOW POWERFUL MEMORIES ARE MADE

Ever wonder why you can recall every detail of your prom dress from 10 years ago, but not how much your monthly mortgage payment is? You're not having a senior moment. Researchers at Wake Forest University believe that when emotions run high—whether due to happiness or grief—the brain produces an enzyme called protein kinase C that locks in long-term memory. It's likely that your emotions were much more intense on prom night than when you sit down to pay your monthly bills.

—Megan Cherkezian



Relationships That Can Make You Sick

When selecting a seat at your next family gathering, you might be better off sitting next to the mother-in-law you can't stand than the sister-in-law you're on the fence about. That's because people we have mixed feelings for cause us more stress than those we're definite about—even if those definite feelings are hostile, say researchers at Brigham Young University (BYU) and the University of Utah. A study of 102 men and women socializing with friends revealed that blood pressure doesn't spike as high during interactions with those we strongly like or dislike as during exchanges involving ambivalent feelings. "These interactions are unpredictable," says Julianne Holt-Lunstad, Ph.D., assistant professor of psychology at BYU. "You don't know if they'll be positive or negative, which can cause anxiety." *—M.C.*

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SOMEDAY MY BUG KILLER WILL COME

It's 2:30 A.M. on the night my husband leaves for a business trip to Europe, and I wonder grimly, as I clutch my can of Raid, if I should have just come into the kitchen for a glass of water, when something the size of a Shetland pony skitters across the counter and into the dishwasher. John, of course, is nowhere to be found. This is the Murphy's Law of Marriage: The task you most dread is the one you face when your husband's away.

As I stand there trembling with revulsion, I have an epiphany: We need to rewrite our marriage vows. Love and honor is all very well, but how about the part where the cleric says, "Do you, [currently beloved person], promise to perform at least one disgusting chore for the rest of your life, so your wife never has to do it again?" I asked my girlfriends, and every one of them had at least one item on her list. "Clean behind the refrigerator." "Skim the congealed fat off the refrigerated chicken soup." My friend Emily had one request that sent chills down my spine: "Empty the garden slug traps."

For me, it is this: Deal with insects. Any insect. Please don't tell me how good spiders are for the environment; I already know this, and it makes no difference to me. Enough with the [illegible] sayings. Have you ever been in New England during ladybug season, when the little suckers travel in packs, storming warm rooms and plopping onto your head like terrifying jelly beans with legs? I think the main reason I live in New York City is that after 20 years I've managed to resign myself to the existence of one type of insect—the cockroach. Anything more exotic calls for a day in bed and a Valium.

Back to the problem at hand. Seeing the roach, naturally I scream, and discover that screaming is strangely unsatisfying without an audience. Its only result is to wake my 2-year-old, Henry, who comes downstairs, rubbing his eyes, to see what the commotion is about. He arrives just in time. "YUCKY BUG!" he yelps, and shoots back upstairs as if jet-propelled. And indeed, the yuckiest of bugs has reappeared, and pauses for a moment while considering his options: Duck under the sink, or make a break for it? He chooses the latter, dashing across the kitchen as I spray and scream. It is then that I notice the spray, which has been leaving an odd foamy trail, is not Raid, but hair mousse. What am I trying to do, volumize it to death?

The next morning I call John. "You're coming home and staying home until this is resolved," I say—okay, shriek—into the phone. "You're overreacting," he replies. "YEAH? TALK TO THE ROACH," I say.

Three nights go by, and nothing; no insect life of any sort makes a guest appearance. I am beginning to think I've somehow succeeded in my search-and-destroy mission when we are all in the living room—Henry pummeling his Pound a Ball, gentle Gus, his twin brother, playing with his Mozart Magic Cube—and I go to turn on the light. There, on the lampshade, is Bugzilla. Resting. Mocking us. "Don't move," murmurs John as he creeps into the kitchen to get the roach spray. "Don't say anything . . ."

But it is too late. Involuntarily, I scream, and Henry looks up from his toy. "YUCKY BUUGGGGGG," he bellows, and to my utter amazement, runs toward the lampshade, waving his tiny hammer ferociously. He knocks the roach off the lampshade, and knocks the lamp over, too. The monster scoots across the rug and meets John's foot with a sickening, satisfying crunch.

I still shudder every time I relive the scene. Though I have to say, it was a proud moment for me. It's clear Henry understands his role in marriage already.

BY JUDITH NEWMAN

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grams of soy protein a day may reduce the risk of heart disease.



"She Never Has Time for Me Anymore"

Pamela, Web designer: "Adrienne and I [illegible]. Later, as we went through [illegible] life crisis [illegible] for each other, even though I lived in Chicago [illegible] Francisco. When I [illegible] about two years ago, Adrienne would've been begging me to come, and I'd be part of her family.

"But though I call all the time now, she's always too busy to make plans. If we do see each other, I'm just tagging along on her errands, like going to her kids' soccer games or the salon so she can get her hair highlighted. Not my idea of fun. We last saw each other two months ago—I invited her and her two kids for dinner to celebrate her birthday—and it felt like old times, but these moments are few and far between, and I'm beginning to think our friendship is over.

"Looking back, there has always been something about the relationship that has made me uncomfortable. Adrienne is brilliant and everything has always come so much easier to her; sometimes she doesn't seem to understand how hard I've struggled. Also, I've gained about 40 pounds since college, and she routinely makes snide comments, such as 'Why are you stuffing your face with cake when you want to lose weight?' I know she's a single mom and busy with her consulting practice and her boyfriend, but I don't understand why she treats me this way."

The counselor's turn: "Pamela and Adrienne's friendship has always had [illegible] and downs, but it might have [illegible] without any major crises if it had remained long distance. Lots of [illegible] close by again. But Pamela's move to the same city as Adrienne brought out more differences than similarities in their personalities. As we grow older and cope with the demands of family, romantic partners and career, there may be a tendency to give up too soon on friendships that require 'work.' Abandoning a friendship where there's a shared history and a mutual underlying concern might offer temporary relief, but it would likely lead to long-term regrets.

"Pamela needs to realize that Adrienne's family and work obligations make it harder for her to find time for their friendship. If Pamela feels Adrienne has been unsympathetic, especially about her weight challenges, she certainly has a right to let her friend know that. But what Pamela sees as criticism may actually stem from Adrienne's concern about her friend's health and self-esteem. Pamela should hear her friend out before she comes to ironclad conclusions. Most importantly, these two old friends need to create new memories. Since the birthday party seemed to work out well, Adrienne and Pamela might consider other fun activities—with or without the kids—that would offer them the chance to reconnect."

BY MARGERY D. ROSEN

The story told here is true, although names and other details have been changed. Jan Yager, Ph.D., is a Stamford, Connecticut–based sociologist and friendship expert.

If you have a friendship dilemma that you need help solving, send us your story at lhjfriends@meredith.com. If we use your case, an expert will address your problem and [illegible] $50.

LHJ.com Sound off! Visit our discussion groups and share your friendship experiences: **www.lhj.com/friendship**


Laurel Hutton
Born 1943, Charleston, SC
Cover of fashion magazine
Cover of movie magazine
Cover of biker magazine
Cover of ecological newsletter
Cover of more fashion magazines
Cover of business magazine
Cover of book
Make the years to come the best yet.
Start the day with Smart Start. It offers a blend of antioxidants to help support a healthy immune system and soy protein to help reduce the risk of heart disease. And it has the lightly sweetened flakes and cinnamon taste of a cereal half its age.
SMART START
SMART START
START AGING SMART

SET YOURSELF FREE

Have you arrived at a place in your life where you'd like to be more adventurous or less predictable? If you've been typecast—by yourself or others—here's how to break free

BY LISE FUNDERBURG



On the outside, Colleen Sprague's life looked pretty good: a great husband, three adorable kids and a high-powered career in real estate after 12 years as a stay-at-home mom in Wauwatosa, Wisconsin. But inside, the 42-year-old was on the fast track to burnout. Then a life coach made an old-fashioned suggestion with a twist: Take a vacation—but take it alone. Sprague had never been away on her own, never planned a trip without her husband and, most important, had never left her kids behind. "I thought if I did that," Sprague says, "then I certainly wasn't being a good mother."

Everyone has tapes that loop through their heads: I'm not good at math; I have to host Thanksgiving because I've always done it; good parents don't need any time for themselves. At best, our identities incorporate our passions and curiosity. At worst, we end up typecasting ourselves in roles that feel more limiting than liberating. When that happens, even if the core impulse is healthy—to be a responsible mother, for example—the outcome can be demotivating and draining.

The problem isn't just that we typecast *ourselves*, either. Sometimes family members, friends or co-workers do it for us, and their expectations only serve to push us deeper into our assigned pigeonhole. The roles we're given span the gamut and are often born of positive attributes—fearlessness, kindness or a strong work ethic. Still, even complimentary typecasting can be confining.

"What happens when someone who is admired by friends as Norma Rae or Rosa Parks—wants to sit out a particular conflict and bake bread instead?" asks Deborah Anna Luepnitz, Ph.D., a psychotherapist in Philadelphia. "Being known for our strengths is inevitable, and it's not a bad thing. But when the need for change is met with anger, derision or disbelief, it can make us feel stuck."

Sprague can't say if it was her own mother or the culture at large that framed her sense of what motherhood should mean—or if it was entirely her own invention. But wherever it came from, the image left her own needs and desires out of the picture. In examining her concerns, she realized that not only would she benefit from recharging her batteries, but her children would also benefit from time alone with their dad. She booked a flight to Aruba and spent five gloriously restful CONTINUED



person, she says, "and a better person."

We find comfort in the familiar day to day; they tell us who we are, or we know how we behave. But as we mature and change, we sometimes outgrow our assigned parts, or find that they were never right for us in the first place. Breaking out of the role we've conformed to requires an unflinching assessment of what our life is like now and what we want out of it—a difficult but not impossible challenge. Often the first step is to identify the parts you, and those around you, play. At your next family gathering, observe the occasion as if you were a camera, suggests Caroline Adams Miller, a life coach in Bethesda, Maryland. Step back and identify people by their first names, such as "Mike" and not "my father." Identify the various typecast molds and what their value is to the person and the system. For example, "Susan is the peacemaker because it enables her to always be in the middle of every situation," or "Jimmy is the black sheep, which means he never has to adhere to the same rules as everyone else," or "Amy is the smart one and she always does the right thing" and so on. Identify your own role, and ask yourself what you get from it and whether it is serving you well at this point in your life.

Next, Miller advises, brainstorm what other roles you'd rather play. It's also helpful to ask people who know you well to tell you what they see as your strengths.

Finally, consider what you'll gain or lose by making a change. For instance, if you're always the first to volunteer for functions at your children's school, cutting back would undoubtedly mean you'd be less involved, but it would also mean you'd have some much needed time to do other things.

While it will certainly take emotional fortitude to break out of any hard-and-fast role, physical strength also plays an important part, says Miller. "When a client expresses an interest in making some sort of change, whether it's to be more financially responsible, more emotionally resilient or to be perceived as smarter, I often assign exercise—especially weight lifting—because when people feel more empowered in their own bodies, they feel more empowered to take on massive changes."

But even if you're in the best of shape physically, change takes courage. Nancy Friedman-Cohen, a mother of two from central New Jersey, who worked full time as a psychotherapist, longed to incorporate more creativity into her life, to sing more and return to painting, activities she enjoyed when she was younger. But after long workdays, which included evening hours, she often had a headache or was too tired to pick up a paintbrush. "I realized that I couldn't be creative when I was so busy running around," she says.

She considered cutting back on her evening hours, but worried that some patients would be inconvenienced. More practically, with one of two kids in college, she knew this wouldn't be a great time for income loss. The risks seemed daunting, but doing nothing seemed worse.

"I took a leap of faith," says Friedman-Cohen. "I let clients with evening appointments know I was available during the day, and guess what? People came to me during the day."

Now, on one of the evenings she used to work, Friedman-Cohen is either singing, painting or playing the piano. The exhaustion and headaches are gone, and she feels that she's reframed her identity as someone who takes care of others in a way that is not at her own expense.

"I've learned to be in touch with my own needs and assert them when necessary, and still care for people around me. I'm much clearer about what I want and about setting boundaries, and that's all part of the process of nurturing myself and not worrying so much about what other people will think."

Sometimes, we find that trying something new is hard because it's, well, *new*. Often, it's helpful to act as if you've already made a change, which in and of itself can lead to change. "Research has shown that the mere act of smiling, even when you're not happy, can actually change your brain chemistry," says Miller. "Therefore, it's been hypothesized that if you behave as if you are already in a new role, then you can begin to authentically become that person."

Role breaking takes some strategizing, says Dr. CONTINUED ON PAGE 68

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Presenting Strattera, the first FDA-approved non-stimulant ADHD medication

Thanks to non-stimulant Strattera, Attention-Deficit/Hyperactivity Disorder (ADHD) may never look the same again.

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So ask your doctor today if non-stimulant Strattera is right for your child. To find out more, contact us at strattera.com or call toll-free 1-877-777-4040.

Safety Information: Your child should not take Strattera at the same time or within two weeks of taking an MAOI, or if he or she has narrow angle glaucoma. Tell your doctor if your child has a history of high or low blood pressure, increased heart rate, or any heart or blood vessel disease.

Some children may lose weight when starting treatment with Strattera. As with all ADHD medications, growth should be monitored during treatment.

Most children in clinical studies who experienced side effects were not bothered enough to stop using Strattera. The most common side effects were upset stomach, decreased appetite, nausea or vomiting, dizziness, tiredness, and mood swings. Strattera has not been tested in children under 6 years of age.

See prescribing information on adjoining page.

non-stimulant

strattera®
atomoxetine HCl

Lilly

INFORMATION FOR PATIENTS [illegible] PARENTS OR CAREGIVERS

STRATTERA® (atomoxetine [illegible])

Read this information before you start taking STRATTERA (Stra-TAIR-a). Read this information [illegible] you get more STRATTERA. There may be new information. This information does not take the place of [illegible] or treatment.

[illegible] STRATTERA?

STRATTERA is a non-stimulant medicine used to treat Attention-Deficit/ [illegible] activity Disorder (ADHD). STRATTERA contains atomoxetine hydrochloride, a selective norepinephrine reuptake inhibitor. Your doctor has prescribed this medicine as part of an overall treatment plan to control [illegible].

What is ADHD?

ADHD has 3 main [illegible] symptoms: inattention, hyperactivity, and impulsiveness. Symptoms of inattention include not paying attention, [illegible] not listening, not finishing tasks, not following [illegible] distracted. Symptoms of hyperactivity and [illegible] fidgeting, talking excessively, running around at [illegible] times, and interrupting others. Some patients have more [illegible] hyperactivity and impulsiveness while others have more symptoms of inattentiveness. Some patients have all 3 types of symptoms.

Symptoms of ADHD in adults may include a lack of organization, problems starting tasks, impulsive actions, daydreaming, daytime drowsiness, slow processing of information, difficulty learning new things, irritability, lack of motivation, sensitivity to criticism, forgetfulness, low self-esteem, and excessive effort to maintain some organization. The symptoms shown by adults who primarily have attention problems but not hyperactivity have been commonly described as Attention-Deficit Disorder (ADD).

Many people have symptoms like these from time to time, but patients with ADHD have these symptoms more than others their age. Symptoms must be present for at least 6 months to be certain of the diagnosis.

Who should NOT take STRATTERA?

Do not take STRATTERA if:

- you took a medicine known as a monoamine oxidase inhibitor (MAOI) in the last 2 weeks. An MAOI is a medicine sometimes used for depression and other mental problems. Some names of MAOI medicines are Nardil® (phenelzine sulfate) and Parnate® (tranylcypromine sulfate). Taking STRATTERA with an MAOI could cause serious side effects or be life-threatening.
- you have narrow angle glaucoma, an eye disease.
- you are allergic to STRATTERA or any of its ingredients. The active ingredient is atomoxetine. The inactive ingredients are listed at the end of this leaflet.

What should I tell my doctor before taking STRATTERA?

Talk to your doctor before taking STRATTERA if you:

- have or had liver problems. You may need a lower dose.
- have high blood pressure. STRATTERA can increase blood pressure.
- have problems with your heart or an irregular heartbeat. STRATTERA can increase heart rate (pulse).
- have low blood pressure. STRATTERA can cause dizziness or fainting in people with low blood pressure.

Tell your doctor about all the medicines you take or plan to take, including prescription and non-prescription medicines, dietary supplements, and herbal remedies. Your doctor will decide if you can take STRATTERA with your other medicines.

Certain medicines may change the way your body reacts to STRATTERA. These include medicines used to treat depression [like Paxil® (paroxetine) and Prozac® (fluoxetine)], and certain other medicines (like quinidine). Your doctor may need to change your dose of STRATTERA if you are taking it with these medicines.

STRATTERA may change the way your body reacts to oral or intravenous albuterol (or drugs with similar actions), but the effectiveness of these drugs will not be changed. Talk with your doctor before taking STRATTERA if you are taking albuterol.

How should I take STRATTERA?

- Take STRATTERA according to your doctor's instructions. This is usually taken 1 or 2 times a day (morning and late afternoon/early evening).
- You can take STRATTERA with or without food
- If you miss a dose, take it as soon as possible, but do not take more than your total daily dose in any 24-hour period.
- Taking STRATTERA at the same time each day may help you remember
- STRATTERA is available in several dosage strengths: 10, 18, 25, 40 and 60 mg.

Call your doctor right away if you take more than your prescribed dose of STRATTERA.

Other important safety information about STRATTERA

Use caution when driving a car or operating heavy machinery until you know how STRATTERA affects you.

Talk to your doctor if you are:

- pregnant or planning to become pregnant
- breast-feeding. We do not know if STRATTERA can pass into your breast milk.

What are the possible side effects of STRATTERA?

The most common side effects of STRATTERA used in teenagers and children over 6 years old are:

- upset stomach
- decreased appetite
- nausea or vomiting
- dizziness
- tiredness
- mood swings

Weight loss may occur after starting STRATTERA. It is not known if growth will be slowed in children who use STRATTERA for a long period of time. Your doctor will watch your weight and height. If you are not growing or gaining weight as expected, your doctor may change your treatment of STRATTERA.

The most common side effects of STRATTERA used in adults are:

- constipation
- dry mouth
- nausea
- decreased appetite
- dizziness
- problems sleeping
- sexual side effects
- problems urinating
- menstrual cramps

Stop taking STRATTERA and call your doctor right away if you get swelling or hives. STRATTERA can cause a serious allergic reaction in rare cases.

This is not a complete list of side effects. Talk to your doctor if you develop any symptoms that concern you.

General advice about STRATTERA

STRATTERA has not been studied in children under 6 years old.

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use STRATTERA for a condition for which it was not prescribed. Do not give STRATTERA to other people, even if they have the same symptoms you have.

This leaflet summarizes the most important information about STRATTERA. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information on STRATTERA that is written for health professionals. You can also call 1-800-LILLY-RX (1-800-545-5979) or visit our website at www.strattera.com.

What are the ingredients in STRATTERA?

Active ingredient: atomoxetine.

Inactive ingredients: pregelatinized starch, dimethicone, gelatin, sodium lauryl sulfate, FD&C Blue No. 2, synthetic yellow iron oxide, titanium dioxide, and edible black ink.

Store STRATTERA at room temperature.

This patient information summary has been approved by the US Food and Drug Administration.

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one of us will ever forget the tragic da[illegible] of September 11, 2001. Three hundred brave [illegible] their lives while trying to save others in the World Trade Center. The Firefighter™ Rose honors those men and women and all of those who risk their lives daily to protect ours.

To further honor and pay tribute to the victims of the attack on America, an organization called Remember Me Rose Garden is planning to build three rose gardens (one each in New York, Washington D.C., and Somerset County, Pennsylvania). Sales of the Firefighter™ Rose will help to fund the maintenance of these gardens once they are established and constructed. $3.00 from the sale of each Firefighter rose will go to this worthy fund. For further information visit www.remember-me-rose.org.

Firefighter™

Rose fanciers who crave a fragrant red rose will appreciate the strong, rich red and wonderfully scented flowers of Firefighter. The mighty hybrid tea battles back disease; and the blooms, true to the name, hold up well even in intense heat. Fragrant red roses don't come down the path very often because they can bring diseases as baggage. This one resists them with minimal spraying. The average height is five to six feet.

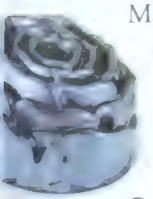
Roses are shipped at the proper time for planting in your zone (mid-May 2004). Credit cards will be charged at the time of shipment. Sorry, we are unable to ship to AK, HI, Canada, Mexico, or Puerto Rico.

NH12501 Firefighter Rose **$21.95 each (3 or more at $20.95 each)**

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Present your lovingly prepared cakes on white ceramic pedestals with ribbons. Each plate in our three-piece set is a different diameter; 6", 8", and 10", so you can stack or group them as you like.



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Luepnitz. "Most people whose personas seem to shriek Funny Girl! or Miss Fix it! have been playing that [illegible] certain [illegible] that [illegible]pe, and therefore [illegible]sponsibility to creative[illegible]istently turn it around."

To [illegible] suggests Dr. Luepnitz, such as using a birthday or New Year's resolution to joke dead seriously about the new you. "Make a toast and tell everyone the rules of the New Me: 'No one calls me before 8 A.M. to discuss romantic woes or anything less dire than a terrorist attack in my own backyard.'"

Once you decide to make a change, be prepared for mixed reactions. There's the best friend who insists you can't possibly be interested in applying for that job in sales because you've never been the bubbly, outgoing sort. Or the husband who encourages you to go back into the workforce after staying at home with the kids, then complains that you're never around when he needs you.

In most cases, critical comments are more about what's at stake for the speaker than they are about you. That's because your changes inevitably create loss for others, explains Florence Isaacs, author of *Toxic Friends/True Friends: How Your Friends Can Make or Break Your Health, Happiness, Family and Career*. "People worry they'll be dropped by the wayside," says Isaacs. "If you win the lottery or get that degree, they're not where you are anymore."

When you foresee an unsupportive response, [illegible] coworkers, advises Michele Weiner-Davis, [illegible]ily and couples therapist and the author of *Change Your Life and Parents Will Love It*. "You can say, 'I know you might have some difficulty with the change I plan to make,' or 'You might not be expecting this, but it's something I've been thinking about.'" It may help to reassure him or her that you're going to continue to hold up your end of things, that the family or the person is still a priority, she says.

When Westport, Connecticut, free-lance writer Corrine Thompson, 37, told her family members of her plans to write a screenplay, most of them either scoffed at her or became very, very needy, worried that Thompson—aka Miss Always Available—would no longer have time for them if she took on such an ambitious project. "I've actually come to the point where I don't tell them I'm writing anymore," says Thompson. "They take a lot of energy from me, and I just want to focus on the screenplay. In fact, I actually told my sister I'd stopped writing and now she's not bothering me anymore."

Sometimes, less-than-positive responses contain information that can be helpful to you in making a change. About 20 years ago, when Nan Feyler, of Philadelphia, turned 28, she decided to redirect her life. She'd worked as a circus clown and a job counselor, but she wanted to affect the world in a more substantial way.

Feyler, bursting with enthusiasm for her newly hatched plan, couldn't wait to break the news to her father. "Dad, I'm going to go to law school," she announced.

"What makes you think you can get in?" he responded and then went back to reading his newspaper. Even at the time, Feyler knew her father's question had merit: She had never been a strong student. So she took a prep course for the LSAT entrance exams, and scored in the top 2 percent in the nation. She was awarded a scholarship to New York University's law school.

Topping that, Feyler went on to run the AIDS Law Project of Pennsylvania, and, at the age of 48, went back to school again and earned a master's degree in public health at Columbia University. She didn't let her father's skepticism slow her down, and in the end, she says, her father was incredibly proud of her.

When people make positive changes in their lives, says Weiner-Davis, good things generally happen as a result, and resistance from others isn't likely to last. "Sometimes it's just a knee-jerk response, especially in the beginning," she says. "Even the most fiery responses fizzle over time." And the payoff can be priceless.

"The mental wiring that leads to typecasting can be undone by understanding and affirming that you can finally be your authentic self," says Linda Durand, a Philadelphia-based life coach. "When that happens, you'll realize that living the truth not only is possible, it's healthy and natural. It is what's supposed to be."

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your body's immune system. People with RA have too

your bones and joints.
HUMIRA can block the damage that too much TNF-alpha can

Taking HUMIRA can make you more prone to getting infections or

Who should not take HUMIRA?

ingredients in HUMIRA (sodium phosphate, sodium citrate, citric

filled syringe contains dry natural rubber. Tell your doctor if you

Before you start taking HUMIRA you should tell your doctor if you have or have had any of the following:

- are unsure, please ask your doctor.
- right away. Your doctor will need to examine you for TB and
- sclerosis.

If you are not sure or have any questions ab

What important information do I need to know about side effects with HUMIRA?

other TNF

treatment.

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effects are upper respiratory infect
headache and nausea.

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women or nursing babies. You sh

Can I take HUMIRA if I am taking other medicines for my RA or other conditions?
Yes, you can take other medicines provided your doctor has

taking HUMIRA. It is important that you tell your doctor about any

high blood pressure medicine) before you start taking HUMIRA.

herbal medicines and vitamin and mineral supplements you are taking.

You should not take HUMIRA with other TNF blockers. If you have questions, ask your doctor.

How do I take HUMIRA?
You take HUMIRA by giving yourself an injection under the skin once every other week, or more frequently (every week) if your doctor tells you to. If you accidentally take more HUMIRA than you were told to take, you should call your doctor. Make sure you have been shown how to inject HUMIRA before you do it yourself. You can call your doctor or the HUMIRA Patient Resource Center at 1-

your injection. Remember to take this medicine just as your doctor has told you and do not miss any doses.

What should I do if I miss a dose of HUMIRA?
If you forget to take HUMIRA when you are supposed to, inject the next dose right away. Then, take your next dose when your next

Is one time better than another for taking HUMIRA?

often to take HUMIRA. To help you remember when to take

stickers provided in the back of the patient information booklet.

support program by calling the HUMIRA Patient Resource

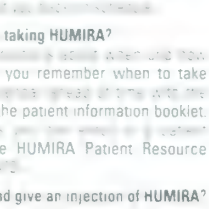
What do I need to do to prepare and give an injection of HUMIRA?

1) Setting up for an injection

- Remove one dose tray containing a pre-filled syringe of HUMIRA

You will need the following

- filled syringe of HUMIRA with a fixed needle
- the pre-filled sy



If you do not have all of the the box your HUMIRA comes in.

2) Choosing and preparing an injection site

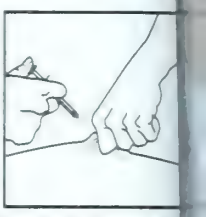


- Choose a different site from the one you used last time you gave yourself an injection. Do **NOT** inject into areas where the skin is tender, bruised, red or hard or where you have scars or stretch marks.
- You may inject into any of these parts of the body:
- Wash your hands with soap and water. Do **NOT** touch the area again before injecting HUMIRA. If you touch the area again, wash your hands again.

3) How to prepare your HUMIRA dose for injection with a Pre-f Syringe

- Call your pharmacist.
- Remove the needle cover, being careful not to touch the needle
- plunger in to push the air in the syringe out through the needl a small drop of liquid comes out of the needle that is ok.

4) Injecting HUMIRA



- and hold it firmly. Hold the syringe like a pencil at about a
- the skin.
- the plunger. If blood appears in the syringe it means that you have entered a blood vessel. Do HUMIRA. Withdraw the needle and repeat the steps
- HUMIRA is injected.
- keeping it at the same angle it was when it was inserted.
- Press a cotton ball over the injection site and hold it for **NOT** rub the injection site. If you have sli bleeding, do not be alarmed.
- Dispose of the syringe immediately.

5) Disposing of syringes and needles
You should always check with your healthcare provider instructions on how to properly dispose of used needles a syringes. You should follow any special state or local la regarding the proper disposal of needles and syringes. **DO NO throw the needle or syringe in the household trash or recycle.**

- Place the used needles and syringes in a container mad specially for disposing of used syringes and needles (called "Sharps" container) or a hard plastic container with a screw-
- Always keep the container out of the reach of children.
- When the container is about two thirds full, tape the cap or your doctor, nurse or pharmacist. DO NOT THROW TH CONTAINER IN THE HOUSEHOLD TRASH OR RECYCLE.
- Used needs may be placed in the trash unless otherwise

HOW DO I STORE HUMIRA?
Store at 2°C – 8°C (36-46°F) (in a refrigerator) in the original containe until it is used. Protect from light. DO NOT FREEZE HUMIRA. Refrigerated HUMIRA remains stable until the expiration dat
protect it from light.

Keep HUMIRA, injection supplies, and all other medicines out of th reach of children.

Ref 03-5236-R2

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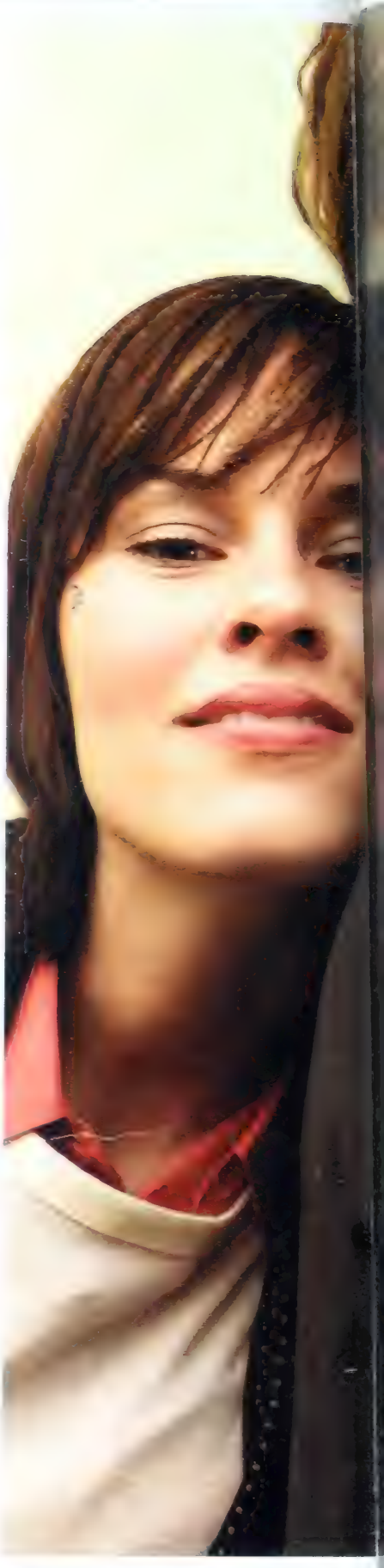
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Tact I Ask, Don't Tell

Your e-mail password, what you spend on shoes, if you still hear from an old boyfriend . . . Should you tell your husband *everything*?

BY JEANNIE RALSTON



During their 10-year marriage, Ellesor Gray and her husband have shared a lot: job changes, building a house, her mother's illness, raising their daughter. But recently, Gray made it clear that there was some sharing she couldn't abide. Her husband's e-mail account was on the fritz and he wanted to use hers. After logging on, he asked for her password. When Gray said she'd enter it herself, her husband thought she was joking and asked again. Gray wouldn't budge. She made her husband look away as she typed in the code.

"He was flabbergasted and angry," recalls Gray, who lives outside Columbia, South Carolina. "I explained that nothing in my e-mail would hurt him. It's just that I don't think I should give up all my privacy and [illegible] because I'm married."

Two become one; I becomes we. Everything is shared with your beloved. That's the romantic ideal of marriage. But, after talking to women like Gray, I wonder: Is it realistic? Is it even desirable?

"The balance between separateness and togetherness is one of the central rubrics of marriage," says John W. Jacobs, M.D., a psychiatrist and author of *All You Need Is Love and Other Lies About Marriage*. "Each couple tries to find a formula that both partners are comfortable with. Sometimes one spouse wants more togetherness and the other wants more separateness. It requires tremendous negotiation."

Among my friends, many are absolute in their conviction that husbands and wives should share everything. Yet when they reflect a bit, they often realize that they *do* hold back information—whether it's what they really think about the current quality of their sex life or how they would rate their in-laws' personalities. "I tell David everything," a neighbor assured me. But almost im-



ely after making the confession, backpedaled. "Well, I guess not *thing*." She paused, then capitulated. "Okay, okay. I admit it—I tell him only what I think he should know."

The experts are not surprised. Indeed, most say that the "no secrets" rule is more mythical than actual. "Nobody shares everything with a spouse, nor should they," says therapist Terrence Real, the author of *How Can I Get Through to You?* "Everyone needs boundaries, and in marriage they should be flexible enough to allow each partner some room. The key is moderation: If a boundary is too firm, a couple can become detached and disengaged. If you set no boundaries at all, a couple becomes too enmeshed, which is unhealthy."

In other words, the merging of two people in marriage is figurative, not literal. Spouses will always be separate people, and within every person there is a space that needs protecting—meaning you don't have the right to look through each other's mail, e-mail, drawers or purse (for those who carry one) without permission. In fact, in a rare display of professional unanimity, all the experts interviewed for this article agreed that Ellesor Gray has every right to protect her password from her husband. ("Conflicts over passwords are extremely common today," notes Dr. Jacobs.

But how does this recognition of the need for privacy play out in the real world? In the best marriages, spouses give each other latitude to go about their business, implicitly trusting that they will be told what they need to know. Nowhere is this rule of thumb more pertinent CONTINUED

how much I pay for a haircut," my ...e, echoing dozens ... monthly when both partners are allowed to keep their own counsel on day-to-day money questions and confer on major decisions. One couple I know, for example, checks with each other before making any expenditure over $200; up to that limit, each spouse is free to exercise discretion. When one partner micromanages the purse strings, the other may feel compelled to hide expenditures rather than risk causing a stir—a scenario rooted in mistrust that only begets more of it, says Real.

WHEN SILENCE IS GOLDEN

Ultimately then, privacy, like so much else in marriage, boils down to the issue of trust. How much freedom should each partner give the other? When is keeping something private—or, its inverse, invading someone else's privacy—a betrayal of trust? Though I have nothing to hide, I would be miffed if my husband, Robb, opened my mail without asking, as would he if I did the same. Robb, a photographer, travels a great deal, and it's unlikely that he tells me every detail of what happens when he's away. But I assume that nothing would shock or ... I recognize that ... to every cranny of his ... Nor, happily, is he easily ...

myself that is private is the very quality that allows me to regenerate and renew myself within our marriage. If I felt obliged to share everything I think and do with Robb, I'd be so depleted of energy that I'd have nothing left over for the other parts of my life, including my work and our children.

One woman declines to tell her husband her weight. "Why freak him out with the facts?"

Besides, revealing every thought that flits across your brain can be highly explosive. "It's natural to have negative feelings—even to hate your spouse—at moments, but it's rarely productive to say so, especially since you may not feel that way the next day," says Dr. Jacobs. "If you told your spouse every time you felt irritated or disgusted by him, that would be very destructive for the marriage." In short, says Dr. Jacobs, *not* sharing is sometimes the more prudent course.

Trying to spare the other's feelings: What could be a more noble reason for keeping something to yourself? A woman I know told me recently that she had liked sex better with her ex, but would never dream of revealing this to her husband, whom she adores. She rightly keeps this information to herself to protect his dignity—just as, sometimes, you keep things to yourself to protect your own. My friend Lisa declines to tell her husband her weight. "I look like I weigh less than I do, so why freak him out with the facts?" she asks, quite reasonably. Lord knows I spared my husband the gory details of what was coming out of my body in the weeks after giving birth, and I still don't let him see me pluck the occasional stray hair out of my chin.

Maintaining this zone of privacy is protective: it keeps you from looking pathetic or incompetent in the eyes of the person you value most in this world. It may simply be that you don't care to endure the (mostly innocuous) eye rolling that would greet the news that you talk to your mom on the phone every day. Or maybe you don't want to feel any dumber than you already do. One friend, a careful, thoughtful mother, never told her husband that their baby once rolled off the changing table onto the floor. "The baby wasn't hurt, and I felt terrible enough already," she says.

Sometimes, a woman's silence has to do with a proprietary sense that an experience is hers, not her husband's. Must you mention that you masturbated while your husband was away on a business trip? "Some men would feel like failures if their wives told them that," says Kate Wachs, Ph.D., a Chicago psychologist and author of *Relationships for Dummies*. "They might take it personally, even though it can be good for a relationship because in general the more you masturbate, the more interested you are in sex."

But even if he wants to know and likes to hear about it, many women see masturbation as something they do strictly for themselves—and they don't need a husband's reaction to add to or detract from their pleasure.

Neither does Dr. Wachs see much purpose in discussing your romantic past, or even any current innocent flirtations, with your husband. A good friend told me recently CONTINUED



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ther does she mention them to her spouse. "[They] [illegible] no good reason," she says. Who can [illegible] from exposing [illegible] point. "Honesty" [illegible]

[illegible] does not mean [illegible] to spark a sexual interest in another person," says Dr. Wachs. "It does, however, mean that you will be faithful."

TRUTH AND LIES

There's a difference, of course, between a legitimate right to privacy and outright deception—and honoring that distinction is one of the biggest challenges in marriage. Which issues can you justifiably and harmlessly keep to yourself? Which ones, if revealed, would drive a wedge between you and your husband?

Real believes that all of us know instinctively where that line is drawn, whether we admit it or not. Here is the barometer he recommends: Ask yourself, if someone videotaped your actions and played the tape for your spouse, would he be hurt or alarmed? Or would he be unfazed? "Can you look in the mirror and answer down to your toes that what you're doing is innocent?" says Real. "If you can't, then you've got a problem."

At that point, you have to acknowledge that you're holding back, not because of your right to privacy, but because you know deep down that you're wrong. That's when you've crossed over into deception.

Real hastens to add that this does not necessarily mean that you should confess every one of your transgressions to your husband, but rather that you need to address your own reasons for committing them and change your behavior accordingly.

I've treaded in these murky waters myself. Several years ago, I attended a friend's wedding in Cleveland without Robb. After the festivities, a group of us (all women) jumped into the lake, naked, near the lodge where the reception was held. Soon some groomsmen came swimming up, also in the buff. It was a lark at first—I knew all of the men as friends, after all—and seemed perfectly innocent. But as I was blithely swimming along, it occurred to me that per-



aps this was not such a good idea. I crept out of the lake and re ressed, not sure whether I should ention the skinny-dipping to Robb. he found out from another partici ant (a distinct possibility) and not om me, wouldn't he have every rea- on to conclude that I had something o hide? Recalling the old political ictum that the cover-up is worse nan the crime, I 'fessed up the next norning on the phone. Robb wasn't leased, but it blew over. And I had he satisfaction of knowing that I pre- empted some relationship damage: A ear later when Robb and I next ound ourselves with the group of swimmers, that midnight dip was the topic of gleeful reminiscing. Had the story caught him by surprise, I would have had a lot more explaining to do.

That's not to say that there aren't plenty of occasions when I go all coy a girls' weekend, for instance—when I gloss over the details of what I've done (he'll live without knowing we stayed in the hotel bar until 2 A.M. and said (I still believe that men would be shocked to find out how much women talk about sex).

"There's a certain amount of adult activity that you have no obligation to report," says Renée A. Cohen, Ph.D., a clinical psychologist in Santa Monica and Torrance, California. "You're not a child asking permission. Ideally, there is enough basic trust in your marriage to allow for this freedom."

In the end, how much you can reasonably keep private depends on the tenor of the relationship you and your partner have built. Knowing your husband as well as you do will help you gauge how much—and what—he expects you to share with him. Let that knowledge, and your own good conscience, be your guide.

When in doubt, choose openness. Clearing the air is almost always more beneficial than keeping a secret. As Dr. Jacobs points out, the more that spouses need to keep private from each other, the more unstable the marriage is apt to be. "When you are open about who you are while maintaining yourself as an individual," he says, "your mate is likelier to embrace who that individual is."

And, for most of us, that is marriage's greatest perk: that our husbands can accept us for the e-mail-shielding, haircut-splurging, skinny-dipping women that we are.




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PATRICIA'S PICK

A Silky Complexion

I'm a huge fan of the skin-brightening peels offered at dermatologists' offices. But let's be real: Doctor visits can be pricey and time-consuming. That's why Avon's Anew Clinical 2-Step Facial Peel ($32) is such an exciting alternative. More impressive than the price, though, is the smooth skin that these pre-moistened pads deliver after just a month of use. The first pad has a 10 percent glycolic acid solution, and the second pad has green tea to nourish your skin. You'll feel like your very own private doctor. For info, go to: *www.avon.com*





Get Glowing Skin

If you covet a healthy, lit-from-within facial glow, then you're in luck, as pretty much every beauty product that crosses our desks lately—including moisturizers, powders and masks—is made to help you get it. One great choice is Nivea Visage Simply Glowing ($8.99), a lush moisturizer with the added benefit of subtle shimmering pigments that you smooth on all over your face. Shimmer powders, such as Laura Mercier Secret Brightening Powder ($22), do a great job of accenting your cheekbones (avoid placing them on your nose and forehead, which will give you a greasy look). Or check out the new Scott Barnes Prep and Set Kit ($40), which includes a hydrating mask and a luminizing mist spray—straight from the man responsible for Jennifer Lopez's trademark gleam.

Wash Your Hair—Without Water!

With the combo of busy lives and salon experts insisting that we wash our hair only a few times a week to avoid dryness, it's great to hear that Psssssst! Instant Spray Shampoo ($5.99), previously unavailable for several years, is on drugstore shelves once again. To use: Spray onto hair roots and wait two minutes, letting the powder bond to dirt and oil. Brush out any residue and enjoy your fresh locks, now ready to be styled. The pros will be proud!

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Good-for-You Eye Makeup Remover



[illegible] yourself. [illegible] new removers [illegible] whole lot more than simply cleanse. Consider Yves Saint Laurent Instant Eye Make-Up Remover ($24), which features the same active ingredient—Himalayan Blue Poppy Water, a complex rich in nutrients—as the rest of the collection's pricier facial cleansers. Or try Refreshing Eye Make-Up Remover ($20 from Simple Solutions, which removes makeup in one swipe. And thanks to the cucumber in the formula, it can also be used as a compress to reduce puffiness. Now *that's* advancement!

Ask the Beauty Director

Q: Is there any product that can help me get rid of the dark circles under my eyes?

Gwenn Walker, Los Angeles

A: Nothing makes you look more fatigued than dark undereye circles, and while it's unlikely that you'll ever completely banish them, you *can* effectively lighten this area. Look for antioxidant eye creams, such as Olay Total Effects Eye Transforming Cream ($18.99), which lessens skin damage inflicted by environmental factors such as sunlight and pollution. Gentle skin lighteners, such as kojic acid in IS Clinical Eye Complex ($65), can be helpful, too. If all else fails, you can't beat a great concealer.

To ask Beauty Director Patricia Reynoso a question, go to www.lhj.com/askbeauty



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your family (up to six total family members) you wish to have the style makeover. Please use the form below, or enter online via *www.lhj.com/stylemakeover.* See rules on page 211.

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PHOTOGRAPHS BY JAMES WORRELL



Perfume adds an instant dose of glamour and mystique. Clockwise from top: Cacharel Amor Amor ($55), Guerlain L'Instant de Guerlain ($90), Lancome Attraction ($49.50)

his spring, create a whole new fragrance wardrobe. Clockwise rom top. Givenchy Organza First Light $90), Nina Ricci Love Fills L'Air du Temps ($49), Kenzo L'Eau Par Kenzo ($57), Bond No. 9 New Haarlem ($178)



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Telephone

Q: A woman is supposed to have one signature scent, right? But I just found two new ones that I love. Can I alternate wearing them?

A: Sure! It's not to wear as many fragrances as make you happy! Perfume, much like an accessory, can change depending on the season, time of day or your mood. Just use soap and water to take off one scent when you're ready for the next! *Vive la différence!*

Q: If I smell a scent on a little stick in the store, is that a good way to know its true essence?

A: "Scent strips are a good method for finding out what type of fragrance you find interesting," says Paul Seplowitz, vice president of product development for Celine Dion Parfums. If that first whiff grabs you, then rub the strip on your inner arm to allow it to interact with your own skin chemistry, which will provide you with a more natural version of the fragrance. But to truly test-drive a fragrance, visit the fragrance counter, as spritzing the real deal on your skin is the only way to know if it's a good match for your body chemistry. "Begin smelling the area you sprayed after a minute or so," advises Seplowitz, "and remember to smell the same spot throughout the day and notice how the fragrance transitions as the hours pass. You should enjoy the [illegible] nt, or the last."

Q: How come after about a week of wearing a new fragrance I can no longer smell it on myself? Everyone gets to enjoy it but me!

A: We feel your pain! You're not imagining this disappearing act, since you're probably experiencing what the experts call temporary anosmia, an inability to perceive a particular smell. "At first you smell this dominant scent, but later your brain decides it doesn't need to perceive it any longer," says Olivier Gillotin, a top perfumer with Givaudan Fine Fragrances U.S., creator of many popular fragrances worldwide. "This is actually an evolutionary advantage that permits you to instead smell the odor of smoke or anything potentially dangerous." Assuming that the only danger you're in is losing track of your favorite new scent, what can you do to keep your nose receptive? One way, explains Gillotin, is to deliberately smell other things throughout the day to clear your olfactory glands: coffee beans or wool clothing are all good palate refreshers and are readily available. Taking a complete fragrance break for about a week to clean your scent palate will help, too.

Q: How long can I expect my perfume to last?

A: Generally speaking, a bottle of fragrance should remain fresh and aromatic for up to a year. If you're vigilant about keeping it away from direct sunlight and in a room that's dry and cool, you might be able to squeeze a few more months out of it. You'll know it's lost its potency if the color or aroma changes (it might get a shade darker or take on a funky or ammonia-like odor).

CONTINUED


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How do I make my fragrance last all day?

A: One word: layering! Begin in the shower with the soap version of your favorite perfume, to leave a veil of fragrance on your skin. (Fragranced shower gels, while luxurious, aren't as potent.) Right out of the shower, applying scented moisturizer is crucial. "The key," says Laurie Palma, senior vice president of fragrance and Internet marketing for Chanel, "is to slather moisturizer on skin while it's still warm, to allow for the best absorption." The last piece of the puzzle, of course, is the fragrance itself. The lower the alcohol content of a fragrance, the longer it will last. That's why *eau de parfum*, with the least amount of alcohol, is the longest lasting, followed by *eau de toilette* and *eau de cologne*. Other suggestions: spray your ironing board with fragrance before ironing and let it dry. The heat from the iron will help release fragrance onto your clothes, says Palma. Or spray fragrance on your hands, clap them together a few times, then run fingers through hair. Experts swear by this trick, since hair is porous and acts as a great carrier.

Q: Help! I fell in love with a scent that my husband hates. Can it be toned down?

A: You should wear it full-throttle away from home, but when you're with him, tone it down by dabbing an unscented body lotion over the perfumed areas to dull the scent's potency. Or place a neutral single note—an individual, non-blended fragrance sold by itself—such as soft musk, vanilla or sandalwood, over the fragrance, which should help soften the aroma as well. "Another fix is to try a lotion version of your favorite perfume, which will be more diluted than the perfume itself," says Sarah Horowitz-Thran, owner of Creative Scentualization, a fragrance company in California.

Q: I have two scents I love, and they are both sort of musky. I thought it might be fun to wear them together—is that weird?

A: Do-it-yourself fragrance combining is a great way to express your originality, and in fact, some perfume lines are designed with mixing and matching in mind. "There's no rhyme or reason to what works," says Cord Coen, president of Zents, a small fragrance company in Boulder, Colorado. "It's simply a matter of trial and error to find a blend that strikes your fragrance fancy. If your two favorite scents are in the same fragrance family, they're likely to be a great match." Since there are several categories of scent from which to choose (citrus, green, marine, floral, Oriental, woody and aromatic), try mixing perfumes from different families as well. Coen recommends putting the scent you like best on top, since that is what will be the most potent.

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SINGULAIR IS THE ONLY SEASONAL ALLERGY MEDICATION THAT SPECIFICALLY BLOCKS *LEUKOTRIENES*. Many existing allergy medicines block histamine. SINGULAIR is different. It works by blocking leukotrienes (loo-koh-TRY-eens). Leukotrienes are an underlying cause of allergy symptoms. They are substances produced in your body that can make you feel uncomfortable during allergy season.

HELPS RELIEVE A BROAD RANGE OF SYMPTOMS. A single SINGULAIR tablet a day helps relieve a broad range of seasonal allergy symptoms for a full 24 hours. SINGULAIR is also available in a cherry chewable tablet for children 2 to 14 years of age. In clinical studies, SINGULAIR was not associated with drowsiness. SINGULAIR should be taken once a day, as prescribed. SINGULAIR is available by prescription only.

IMPORTANT INFORMATION: In clinical studies, side effects were usually mild and varied by age, and included headache, ear infection, sore throat, and upper respiratory infection. Side effects generally did not stop patients from taking SINGULAIR. SINGULAIR should not be taken by people who are sensitive to any of its ingredients.

Ask your doctor about SINGULAIR for your seasonal allergies.
Call 1-888-MERCK-95, or visit singulair.com.

Please see the Patient Product Information on the adjacent page and discuss it with your doctor.

ONCE-A-DAY
SINGULAIR
(MONTELUKAST SODIUM)
A different way to treat seasonal allergies.

MERCK patient assistance program

This product is available through the Merck Patient Assistance Program. To find out if you qualify call 1-888-MERCK-56

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Patient Information

SINGULAIR® (SING-u-lair) Tablets, Chewable Tablets, and Oral Granules

ric name: montelukast (mon-te-LOO-kast) sodium

SINGULAIR®

ults and children

for the immediate relief
uld follow the instructions your doctor
for treating asthma attacks. (See the end
of this leaflet for more information about asthma.)

2. **Seasonal Allergic Rhinitis**
SINGULAIR is used to help control the symptoms of seasonal allergic rhinitis (sneezing, stuffy nose, runny nose, itching of the nose) in adults and children ages 2 years and older. (See the end of this leaflet for more information about seasonal allergic rhinitis.)

Who should not take SINGULAIR?

Do not take SINGULAIR if you are allergic to SINGULAIR or any of its ingredients.

The active ingredient in SINGULAIR is montelukast sodium.

See the end of this leaflet for a list of all the ingredients in SINGULAIR.

What should I tell my doctor before I start taking SINGULAIR?

- **Pregnancy**: If you are pregnant or plan to become pregnant, SINGULAIR may not be right for you.
- **Breast-feeding**: If you are breast-feeding, SINGULAIR may be passed in your milk to your baby. You should consult your doctor before taking SINGULAIR if you are breast-feeding or intend to breast-feed.
- **Medical Problems or Allergies**: Talk about any medical problems or allergies you have now or had in the past.
- **Other Medicines**: Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, and herbal supplements. Some medicines may affect how SINGULAIR works, or SINGULAIR may affect how your other medicines work.

How should I take SINGULAIR?

For adults or children 12 months of age and older with asthma

- Take SINGULAIR every day for as long as your doctor prescribes it, even if you have no asthma symptoms.
- If your asthma symptoms get worse, or if you need to e of your inhaled rescue medicine for
- **Do not take SINGULAIR for the immediate relief of an asthma attack.** If you get an asthma attack, you should follow the instructions your doctor gave s have your inhaled rescue medicine for
- not to

For adults and children 2 years of age and older with seasonal allergic rhinitis

- Take SINGULAIR or time each day.

- Take SINGULAIR every day for as long as your doctor prescribes it.
- food

How should I give SINGULAIR oral granules to my child?

Do not open the packet until ready to use.

SINGULAIR 4-mg oral granules can be given either:
- directly in the mouth; OR
- mixed with a spoonful of one of the following soft foods at cold or room temperature: applesauce, mashed carrots, rice, or ice cream. Be sure that the entire dose is mixed with the food and that the child is given the entire spoonful of the mixture right away (within 15 minutes).

IMPORTANT: Never store any oral granule/food mixture for use at a later time. Throw away any unused portion.

Do not put SINGULAIR oral granules in liquid drink. However, your child may drink liquids after swallowing the SINGULAIR oral granules.

What is the daily dose of SINGULAIR for asthma or seasonal allergic rhinitis?

For Asthma (Take in the evening):
- One 10-mg tablet for adults and adolescents 15 years of age and older,
- One 5-mg chewable tablet for children 6 to 14 years of age,
- One 4-mg chewable tablet or one packet of 4-mg oral granules for children 2 to 5 years of age, or
- One packet of 4-mg oral granules for children 12 to 23 months of age.

For Seasonal Allergic Rhinitis (Take at about the same time each day):
- One 10-mg tablet for adults and adolescents 15 years of age and older,
- One 5-mg chewable tablet for children 6 to 14 years of age, or
- One 4-mg chewable tablet or one packet of 4-mg oral granules for children 2 to 5 years of age.

What should I avoid while taking SINGULAIR?

If you have asthma and if your asthma is made worse by aspirin, continue to avoid aspirin or other medicines called non-steroidal anti-inflammatory drugs while taking SINGULAIR.

What are the possible side effects of SINGULAIR?

The side effects of SINGULAIR are usually mild, and generally did not cause patients to stop taking their medicine. The side effects in patients treated with SINGULAIR were similar in type and frequency to side effects in patients who were given a placebo (a pill containing no medicine).

The most common side effects with SINGULAIR include:
- stomach pain
- stomach or intestinal upset
- heartburn
- tiredness
- fever
- stuffy nose
- cough
- flu
- upper respiratory infection
- dizziness
- headache
- rash

Less common side effects that have happened with SINGULAIR include (listed alphabetically):
agitation including aggressive behavior, allergic reactions (including swelling of the face, lips, tongue, and or throat, which may cause trouble breathing or swallowing), hives, and itching, bad vivid dreams, increased bleeding tendency, bruising, diarrhea, hallucinations (seeing things that are not there), hepatitis, indigestion, inflammation of the pancreas, irritability, joint pain, muscle aches and muscle cramps, nausea, palpitations, pins and needles, numbness, restlessness, seizures (convulsions or fits), swelling, trouble sleeping, and vomiting.

Rarely, asthmatic patients taking SINGULAIR have experienced a condition that includes certain symptoms

These co usually, but not always, in patients who were tak steroid pills by mouth for asthma and those ste were being slowly lowered or stopped. Althou SINGULAIR has not been shown to cause this con you must tell your doctor right away if you get or more of these symptoms:
- arms or legs
- sinuses (sinusitis)

These are not all the possible side effects of SINGULAIR. For more information ask your doct or pharmacist.

Talk to your doctor if you think you have side effe from taking SINGULAIR.

General Information about the safe and effective of SINGULAIR

Medicines are sometimes prescribed for conditio that are not mentioned in patient information leaf Do not use SINGULAIR for a condition for which i was not prescribed. Do not give SINGULAIR to ot people even if they have the same symptoms you have. It may harm them. **Keep SINGULAIR and all medicines out of the reach of children.**

Store SINGULAIR at 25°C (77°F). Protect from moist and light. Store in original package.

This leaflet summarizes information about SINGUL If you would like more information, talk to your doctor. You can ask your pharmacist or doctor for information about SINGULAIR that is written for health professionals.

What are the ingredients in SINGULAIR?

Active ingredient: montelukast sodium

SINGULAIR chewable tablets contain aspartame, source of phenylalanine.
Phenylketonurics: SINGULAIR 4-mg and 5-mg chewa tablets contain 0.674 and 0.842 mg phenylalanine, respectively.

Inactive ingredients:
- 4-mg oral granules: mannitol, hydroxypropyl cellulose, and magnesium stearate.
- 4-mg and 5-mg chewable tablets: mannitol, microcrystalline cellulose, hydroxypropyl cellulo red ferric oxide, croscarmellose sodium, cherr flavor, aspartame, and magnesium stearate.
- 10-mg tablet: microcrystalline cellulose, lactose monohydrate, croscarmellose sodium, hydroxypropyl cellulose, magnesium stearate, hydroxypropyl methylcellulose, titanium dioxide, red ferric oxide, yellow ferric oxide, an carnauba wax.

What is asthma?

Asthma is a continuing (chronic) inflammation of th bronchial passageways which are the tubes that car air from outside the body to the lungs.

Symptoms of asthma include:
- coughing
- wheezing
- chest tightness
- shortness of breath

What is seasonal allergic rhinitis?

- Seasonal allergic rhinitis, also known as hay fever, is an allergic response caused by pollens from trees, grasses and weeds.
- Symptoms of seasonal allergic rhinitis may include:
  - stuffy, runny, and/or itchy nose
  - sneezing

Rx only

Issued May 200

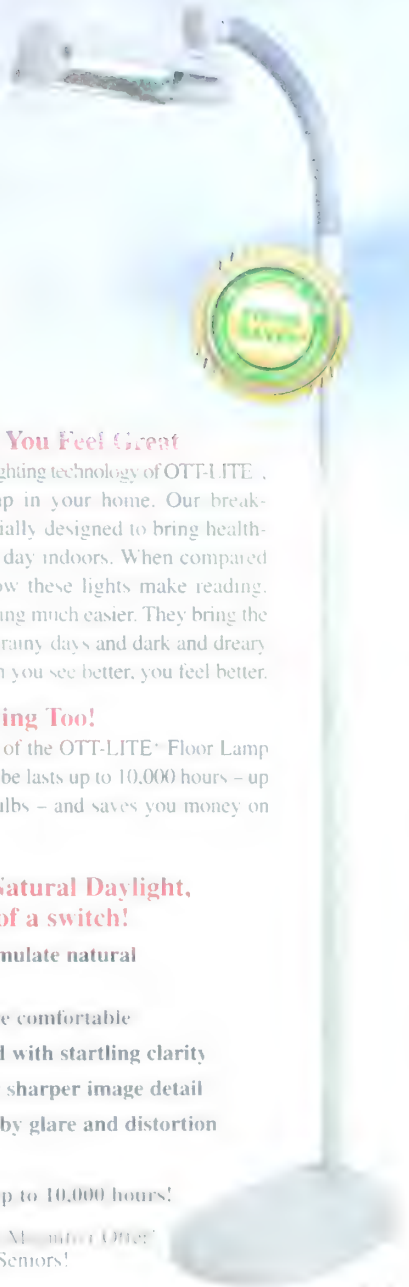
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OTT-LITE Technology® Breakthrough

The Reading Lamp That Lets You See, and Feel Better!

Experience Natural Daylight, Indoors.



The Science of Seeing

As we age, our eyes begin to fail us. For generations, our eyes re meant to focus on large objects at a distance. The modern rld has changed that, and now we need to see small objects at y close range. Natural sunlight is the best light for everything we The glare from ordinary light bulbs can cause eyestrain and adaches. Incandescent bulbs simply don't provide natural light

If You're Over 40, You Need This Lamp!

Dr. John Ott discovered that unbalanced, low contrast and dis- ted light from standard lamps make seeing and reading far ore difficult, particularly for people over 40 who commonly perience diminished close-up vision. His research found that ndard lighting does not counteract feeling "down" during the ng, dark and dreary winter months.

The same people who helped develop lighting therapy to con ier "Winter Blues" (SAD) bring you an amazing breakthrough lighting technology. Now you can experience the miracle of odern lighting that helps you see more clearly than ordinary ghts, and with startling clarity. You'll be amazed how much tter your eyes and you will feel as soon as you experience the TT-LITE® Floor Lamp.

Dr. Ott devoted 40 years to researching light and its effects on eople, plants and pets. He developed the first light technology iat reproduced the wavelengths of natural sunshine, indoors. As these credentials were not impressive enough, he also perfected me-lapse photography and this, with his lighting technology, as used in the making of Walt Disney's Academy Award® winning *Nature's Half Acre*.

Lighting That Lets You Feel Great

Once you experience the superior lighting technology of OTT-LITE®, you'll want to replace every lamp in your home. Our break- through lighting products are specially designed to bring health- ful benefits of a sunny springtime day indoors. When compared to other lights, you'll discover how these lights make reading, working, crafting, and just plain seeing much easier. They bring the effects of sunshine indoors making rainy days and dark and dreary winter months more pleasant. When you see better, you feel better.

Energy-Saving Too!

The incredible energy efficiency of the OTT-LITE® Floor Lamp will astound you, and the lighting tube lasts up to 10,000 hours – up to 12 times longer than ordinary bulbs – and saves you money on your electric bill too.

All the benefits of Natural Daylight, with the flick of a switch!

- **Specially formulated to simulate natural sunshine indoors**
- **Reading is easier and more comfortable**
- **Text and colors are viewed with startling clarity**
- **Improves visual acuity for sharper image detail**
- **Reduces eyestrain caused by glare and distortion**
- **Saves money on utilities**
- **Breakthrough bulb lasts up to 10,000 hours!**

Ask about our special Mother's Offer!
A must for Seniors!

30-DAY RISK FREE TRIAL!

OTT-LITE TECHNOLOGY

"...Now we can finally see what we're reading and writing. There's no glare to distort images or print. We'd be lost without them!"

Mr. & Mrs. John McHendry
St. Augustine, FL

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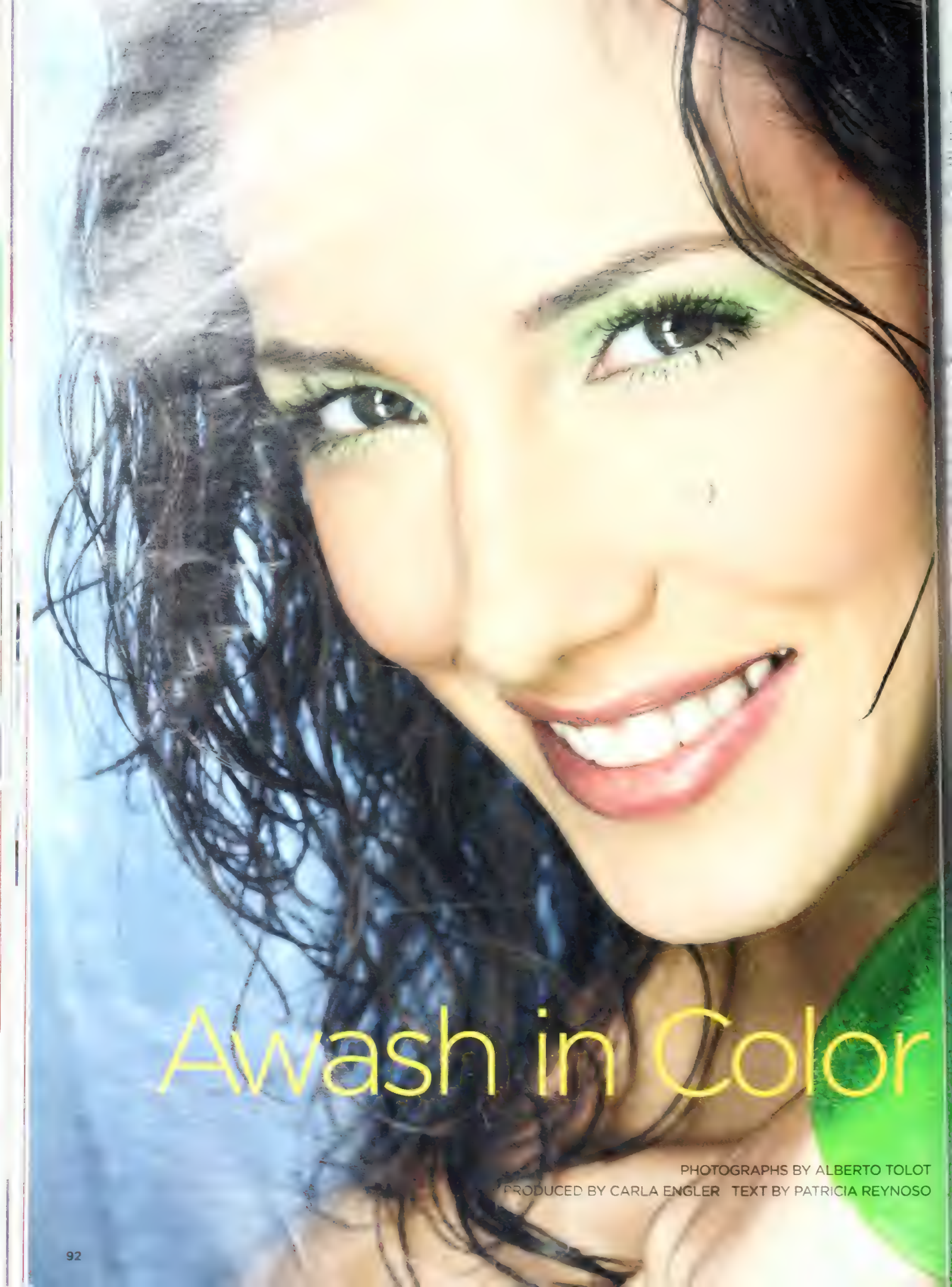
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(Mention code #LHJ0403A)
Order online at **www.ott-lite.com/FL0404**
Operators on duty 24 hours/7 days a week!

Save $30 and Get Free Shipping Too!*

30-DAY RISK FREE TRIAL!
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Try this incredible lamp at home for a full 30 days. If [illegible] is the best lamp you've ever owned, return it for a full refund or credit. No questions asked! *Plus applica ble sales tax. Free shipping to continental U.S. only [illegible] Hawaii, Puerto Rico. Special offer subject to change without notice at a reasonable return shipping costs. Order today!



Awash in Color

PHOTOGRAPHS BY ALBERTO TOLOT
PRODUCED BY CARLA ENGLER TEXT BY PATRICIA REYNOSO

?ut the colors of nature—gorgeous greens, beautiful blues, pretty pinks and cool corals—to work for you this spring

IESMERIZING EYES

'our eyes are your face's star attraction, nd you can make them more exciting vith the season's array of blue, purple ınd green eye shadow. Not only do hese shades brighten your eyes ın a iew way, but they're remarkably easy to wear. No matter what your skin tone, you can take part in this springtime color fling. But first, a few guidelines:

GREENER DAYS

The secret to using shades of green lies in applying them lightly, without complicated contouring and shading, and by choosing shadows that are transparent and slightly shimmery, rather than opaque and matte. Also, look for shades that will complement your skin tone. "The soft green used on the model (at left) works because of her skin's warm undertones," says makeup artist Tommy Joiner, who did the makeup for all of the models in this story. On the opposite end of the spectrum, women with lighter, cooler skin tones (such as blonds with blue eyes) would look best in a more vivid shade of green. If you're not sure whether you have "warm" or "cool" skin, go to your favorite makeup counter for advice.



Create your own color enhancements with this dazzling array of velvety eyeshadows, vibrant liners and professional-quality makeup brushes. 1 Merle Norman Luxiva Color Quads in Cloud Nine, $21; **2** Kevyn Aucoin Concealer brush, $24, and **3** Eyebrow/Mascara brush, $12; **4** Sephora brush, $20; **5** Wet & Wild liners in cool green and **6** turquoise, $1; **7** Clinique High Impact Eye Shadow Soft Shimmer in Keylime Pie, $13.50; **8** Lancôme MagiCils in Turquoise Magic, $22



THE BEST OF THE BLUES

Blue shadows are making a big comeback, but in a new, sophisticated way. "Apply a 'whisper' of color, not a 'shout,'" says Maria Verel, Diane Sawyer's makeup artist. Many eye shadows look bright and intense in the pot, but don't be put off—they actually brush on very lightly. If you're still worried about too much intensity, start slowly, say the experts. "Try dipping your brush in a bit of translucent face powder first, and then into the palette itself," advises makeup artist Troy Surratt. Or, says Verel, soften the look by dusting gold or silver highlighting powder over the eye. A fan-shaped brush is the perfect tool, says Mally Roncal, Sephora's national makeup artist, who also works with singer/actress Beyoncé. "It allows you to sweep on just a stroke of color exactly where you want it," she says.

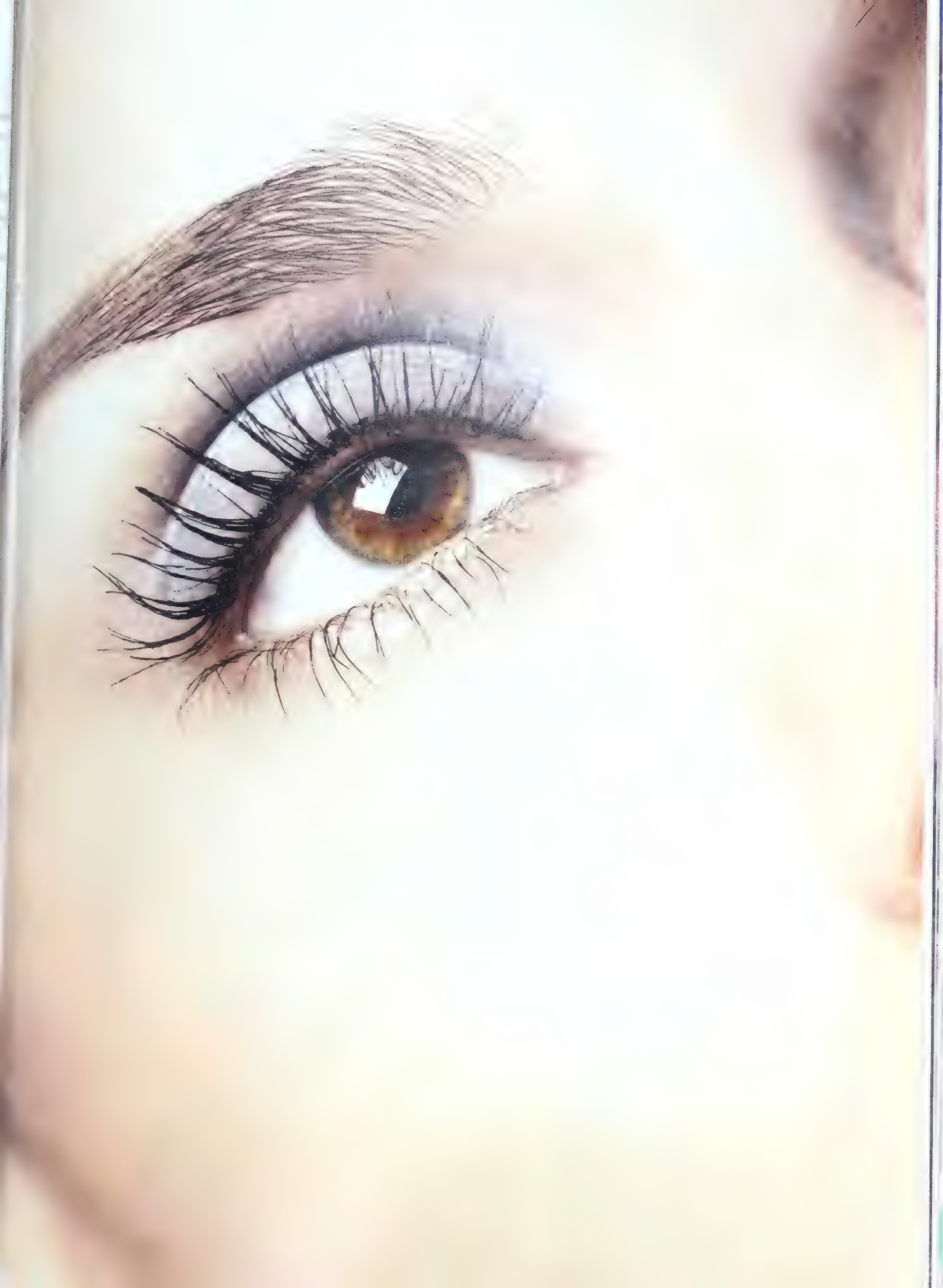
EYELINER SMARTS

Save really vivid hues, such as cobalt blue and electric green, for lining the eye, close to upper lashes, in thin strokes. That way, you'll get a dose of eye-brightening color without making a big commitment. "It's a lot more wearable that way," says makeup artist Nick Barose.

LOVE YOUR LASHES

Once your pretty-as-a-picture shadow is securely in place, don't go anywhere without a hearty helping of mascara. Reach for no-fail black or dark brown, or try colored mascara, which subtly enhances your eye color. Like this season's shadows, colored mascaras are never as bright as they appear in the tube. "In fact, purple is the easiest to wear," says Barose, "probably because it's so close to brown."

Sheer formulas take the fear factor out of bright eye shadow. **1** Shiseido The Makeup Silky Eye Shadow Quad in Earth and Sky, $30; **2** Wet & Wild liner in sky blue, $1; **3** NARS Eyeshadow in Heart of Glass, $18; **4** Sephora pencil in 508, $5; **5** Lola Eye Shadow in Skyline, $18; **6** Estée Lauder MagnaColor Maximum Intensity Mascara in Magna Blue, $20; **7** Trish McEvoy brush #41, $19, and **8** #21, $53; **9** Yves Saint Laurent Ombres Vibration Duo in Iris-Peacock Blue, $36







Perk up your look with these vivid yet soft cheek shades.
1 beComing Added Brilliance Blu[illegible] Highlighter in Tint and Bronze [illegible]; **2** Bourjois Pastel Joues blush in Rose Frisson, $13; **3** Christian Dior DiorBlush in Firelight, $32.50; **4** Origins Sunny Disposition, $11.50; **5** [illegible] Laurent Touche Blush in Spice, $38; **6** Prescriptives Blossoming Cheek Shimmer in Cherry Blossom, $25; **7** Shu Uemura brush 16R, $35; **8** Shiseido The Makeup Luminizing Brush Powder in Beige Shimmer, $45

THREE CHEERS FOR CHEEKS

This season's preferred palette of peach, coral, pink and bronze are just the ticket to achieving a healthy glow. And while the endless array of blush shades and textures (powder, cream, or liquid) can be dizzying, there's never been a better time to bring your best flush forward.

Start by priming your face by dipping a big fluffy brush into a pot of bronzing powder and dust it all over your face, concentrating on your forehead, chin and the tip of your nose. This will warm your complexion and make it an ideal backdrop for bright color. "Smile and apply the blush with a soft brush to the roundest part of your face, blending up to the cheekbone and toward the temple," says Surratt.

As with eye makeup, there's a place for cheek shimmer products, too. Blend on shimmer, in either a liquid or cream form, and use it after applying foundation and before powdering; follow it with either powder or cream blush. A bronze or copper shimmer will enhance the look of the bronzing powder, while a paler shade of white or pink will give you a fresher, brighter look. Both are beautiful this spring and give your complexion a gorgeous glow.

LIP APPEAL

...ntfully ...no look our model ...nd cotton candy ... Best of all, many of ...w formulas promise to deliver younger, fuller lips, too.

PRETTY AND PINK

Pink lipstick is omnipresent right now: it's in every shade from hot to nude. When choosing a pink lip shade, Barose recommends that you stick to a shade that's a bit darker than your natural lip pigment. Otherwise, you risk looking too pale and washed out. "Think pink but also fruity," he says.

COOL CORALS

An easy way to add pizzazz to your spring makeup look—without having to do much else to your face—is to slick on a coat of coral lip color. Look for shades that verge on pink (not orange) and wear this vivid color against an otherwise neutral face—since it shouldn't share the stage with other bright hues. 'Look for colors that are bold even in the tube," says Surratt. "They'll diffuse to a perfectly sheer shade."



This spring, seek out sheer lipsticks, rich glosses and lip-plumping formulas. **1** Avon Beyond Color Plumping ... **2** ... Volume Perfect Lipcolour in 110, $9.99; **3** Too Faced Lip Gloss Luxe in Modelizer, $18. **4** Yves Saint Laurent ... Personnel lipstick in 8, $27. **5** Revlon Super ...us Lipgloss in Shine That Pink, $6.99. **6** Prescriptives Moonbeam Reflective Gloss, $17.50; **7** Estée Lauder Electric Intense Lip Creme, $22 **8** ...

Browse ... ...eads of beauty tips at www.lhj.com/makeup





Mission Accomplished: Terrific Trenches

Launch an investigation of this spring's new trenches, both classic and trendy

We spy the perfect dark-wash, band-collar denim trench that walks a fine line between casual comfort and serious style with its sleek, body-hugging design. Trench, Guess? $148. Top, Polo Jeans Co. Ralph Lauren, $44. Pants, Anne Klein, $195. Shoes, Hype. Briefcase, Lancel



You can pack on the layers but still exude undercover cool in this roomy, classically styled trench. Trench, Olsen Europe, $379. Sequined top, H Hilfiger, $98. Pants, A.B.S, $200. Sweater, M-A-G



Early breast cancer's daily opponent

In the largest ever breast cancer treatment study, ARIMIDEX significantly reduced the risk of breast cancer returning compared with tamoxifen in postmenopausal women with hormone receptor positive early breast cancer. These results represent a preliminary comparison with tamoxifen from this ongoing clinical trial. Findings are based on study results from patients taking ARIMIDEX as treatment following surgery with or without radiation for a median of 2½ years. Further follow-up of patients in this study will be required to determine long term results, including side effects and survival.

Additional findings

Fewer women taking ARIMIDEX had hot flashes, vaginal bleeding, vaginal discharge, blood clots, strokes, and uterine cancer compared with those taking tamoxifen. However, women taking ARIMIDEX had a higher rate of joint problems and fractures, including spine, hip, and wrist fractures, than women taking tamoxifen.

Important safety information

Do not take prescription ARIMIDEX if you are pregnant because it may harm your unborn child. You must be postmenopausal to take ARIMIDEX.

The most common side effects seen with ARIMIDEX vs tamoxifen in the early breast cancer study are hot flashes (35% vs 40%), joint problems (30% vs 24%), weakness (17% vs 16%), mood changes (17% vs 17%), pain (15% vs 14%), nausea and vomiting (11% vs 11%), and sore throat (12% vs 12%).

Please see brief summary of the full Prescribing Information on adjacent page.

Talk to your doctor about

Once-daily

Arimidex®

anastrozole 1 mg tablets

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PRECAUTIONS General

Drug Interactions Tes
Carcinogenesis

Mutagenesis

Impairment of Fertility

Pregnancy, Pregnancy Category D WARNINGS Nursing Mothers

WARNINGS and PRECAUTIONS Pediatric Use
Geriatric Use

ADVERSE REACTIONS

Adjuvant Therapy

Table Adverse events occurring with an incidence of at least 5% in any treatment group during treatment or within 14 days of the end of treatment

Body system and adverse event by COSTART preferred term	ARIMIDEX 1 mg N=3092	Tamoxifen 20 mg N=3093	ARIMIDEX 1 mg plus Tamoxifen 20 mg N=3098
Body as a whole			
Cardiovascular			
Digestive			
Hemic and Lymphatic			
Urogenital			

Table Number and Percentage of Patients with Adverse Event

	ARIMIDEX 1 mg n=262	Tamoxifen 20 mg n=246	Odds Ratio	95% CI

Table 9

Body System Adverse Event	Number of Subjects ARIMIDEX n=506	Number of Subjects Tamoxifen n=511
Metabolic and Nutritional		
Musculoskeletal		
Nervous		
Respiratory		
Skin and Appendages		
Urogenital		

Table 10

	Number and Percentage of Patients ARIMIDEX 1 mg n=506	NOLVADEX 20 mg n=511	Number and Percentage of Patients ARIMIDEX 1 mg n=506	NOLVADEX 20 mg n=511

Second-line Therapy

Table 11
Number and Percentage of Patients with Adverse Event

	ARIMIDEX 1 mg n = 262	ARIMIDEX 10 mg n = 246	Megestrol Acetate 160 mg n = 253	ARIMIDEX 1 mg n = 262	ARIMIDEX 10 mg n = 246	Megestrol Acetate 160 mg n = 253

Body as a Whole
Cardiovascular
Hepatic
Hematologic
Metabolic and Nutritional
Musculoskeletal
Nervous
Respiratory
Skin and Appendages
Urogenital

Table 12
Number and Percentage of Patients

	ARIMIDEX 1 mg n = 262	ARIMIDEX 10 mg n = 246	Megestrol Acetate 160 mg n = 253

Work at Home

Be a Medical Billing Specialist



Earn up to $40,000 a year!

No previous experience needed...learn at home. Prepare medical claims for doctors, hospitals, clinics.

This exciting money-making opportunity is wide open. So if you want to make a good living at home—without commuting, without selling...and working the hours you choose—call the toll-free number below or mail the coupon for free facts about what could be the greatest job opportunity of your life! There are plenty of high-pay office jobs, too!

Experts train you step by step...you can be ready to work in just four months!

The medical profession is in need of skilled medical claims and billing specialists...and you can make almost as much money as you want because there is so much work. You learn medical terminology, procedures and how to prepare medical claims for Medicare, Medicaid and private patients. Experts show you how to do your work to meet the exacting standards of the medical profession.

Compare the money you can make at home as a Medical Claims and Billing Specialist with any other job.

What other job can you start with just four months of training at home and start earning up to $40,000 a year? Plus, you get these extra benefits—no transportation cost or time wasted going to and from your job, no expensive clothes because you can do all your work at home, no child day care costs, work whatever hours you choose...early mornings, late at night, any time, and take "breaks" whenever you want them. And it's not only the money you make that's important—you'll be working in a prestigious job making a valuable contribution to the medical profession.

COMPARE THESE ADVANTAGES WITH ANY OTHER PROFESSION!

- You can work as much as you want
- You can earn $10 to $20 an hour
- Choose your hours...any time of day
- No time wasted traveling to work
- Be your own boss
- Continuing graduate support throughout your career
- Work wherever you want to live
- Prestige of working in the medical profession
- Plenty of high-pay office jobs, too

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YES! Rush me free facts on how I can train at home to work as a Medical Claims and Billing Specialist.

Name _____ Age _____

Address _____ Apt. _____

City _____ State _____ Zip _____



Zoom in for a close-up in this tailored topper that finishes any outfit at a price sure to please. Between its multiple front pockets and adjustable [illegible] this coat can't lose [illegible] Old Navy, $44. Top, DKNY Active, $79. Pants, A.B.S., $200. Sunglasses, Yves Saint Laurent. Watch, ESQ.



This navy, cotton polka-dot coat is a double agent, repelling water but attracting all the right attention. Trench, Lauren Ralph Lauren, $239. Turtleneck, H&M, $14.90. Shirt, The Limited, $44.50. Jeans, Guess? $108. Shoes, Charles David at *www.zappos.com*. Bracelet, A.V. Max



Left: Live a life of intrigue with this lace-adorned, see-through vinyl topper; you stay dry even while your outfit peeks right through. Trench, Miguelina, $125. Shirt, Talbots, $68. Right: Straight from the "fabulous file," this watermelon pink coat with a poppy print lining lends a striking touch to any outfit. Trench, The Limited, $139. Skirt, H Hilfiger, $89

Ask Fashion Director Carla Engler a question at www.lhj.com/askfashion

BRINGING IT HOME

he skills and values
:quired in the military
ın last a lifetime. All over
merica, men and women
:e applying what they've
:arned in the U.S. Armed
orces to accomplish
xtraordinary things.



DO YOU HAVE A STORY TO SHARE?

We're looking for stories about out-
:tanding U.S. veterans. Write and tell
ıs about the special achievement of
:omeone whose military experience
ıas helped him or her excel.

We'll select approximately 15-20
:ompelling stories and share them
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HOW TO SUBMIT YOUR STORY:

- In 75-125 words, describe how you or someone you know has drawn on knowledge, experience or particular qualities acquired in the Armed Forces to achieve something that, in your opinion, deserves special recognition.
- Please type your submission. Photos are optional, but cannot be returned.
- To be eligible for selection, your subject must have served in the U.S. Military (Army, Navy, Marine Corps, Air Force and Coast Guard, including their respective Reserve and National Guard formations).
- Include the following information:
  — Your name, address and daytime phone number
  — Name, address and daytime phone number of the person you are profiling, if different from yourself. If possible, indicate subject's branch of the military and dates of service.
- Mail your story to: Bringing it Home, c/o Meredith Corporate Solutions, 125 Park Avenue, New York, NY 10017. Stories must be received by April 15, 2004 to be eligible for consideration. Submissions may be edited for publication.
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THE NEW PREPPY CHIC

Preppy is back with a modern, kicky twist. Today's reinvented staples are sexy and versatile, perfect for all your daily adventures

Front: Launch your road trip in this wear-anywhere short sleeve fitted gingham shirt—a true preppy classic. For a finished look, throw a cotton athletic jacket over your shoulders and put the pedal to the metal. Shirt, Agnes B, $108. Pants, H&M, $29.90. Jacket, Lacoste, $165. Belt, Susan Daniels at Yvette Fry.

Rear: The old favorite cotton pique polo has been shrunken down a few sizes for a new, feminine fit. Keep a striped cashmere sweater handy for flying down the road, top down. Shirt, Lacoste, $72. Pants, Guess? $68. Sweater, Lands' End, $125. Bracelets, Worlde at Fragments

PHOTOGRAPHS BY AUGUSTUS BUTERA
PRODUCED BY CARLA ENGLER



Left: Drop off your bags and head out for the day in a striped kelly green–and-white shirt. The attention to detail, such as the polka-dot turn-back cuffs and collar, makes this classic shirt special. A bright yellow patent-leather messenger bag is a modern touch to an already clean and easy outfit. Shirt, Jones New York Signature, $59. Jeans, Guess? $58. Sunglasses, messenger bag, both Michael Kors. Duffle bag, LAI. Right: Who said a pantsuit is only for the office? This soft white version is an elegant option for work and weekend alike. Set it off by pairing it with an unexpected grass-green chiffon shirt with bright pink topstitching. A chic oversize leather duffle makes your look cool and coordinated. Jacket, $199, pants, $69, both Ann Taylor. Shirt, H Hilfiger. Necklace, Melissa Joy Manning at Fragments. Bag, Rafe.

BEAUTY NOTE: Get luminous skin without excess shine using Jane Cosmetics Lightweight Cream-to-Powder makeup ($5.49).



Left: A body-hugging, light blue, long-sleeve polo paired with a full A-line skirt has early Audrey Hepburn written all over it. Add an extra touch of class with a wide floral-print scarf, and you'll look as though you're meant to stroll along the Italian Riviera. Top, Lacoste, $88. Skirt, Benetton, $58. Scarf, Jones New York. Sandals, Stuart Weitzman. Right: Palm Beach cool is epitomized by these sunwash-stripe capri pants paired with a classic, loose linen safari shirt and cable crew neck, a perfect outfit for either window browsing or some serious shopping. Shirt, Lands' End, $39. Sweater, Jones New York Signature, $69. Capri pants, M-A-G, $160. Sunglasses, Ray-Ban. Bag, Rafe



Front: Your sense of style will be obvious to everyone when you show up in this oversize, tropical-print, band-collar jean jacket, a bright complement to a comfy pair of jeans. Jacket, Tommy Hilfiger. Top, Jones New York Signature, $49. Jeans, Guess? $68. Belt, Johnny Farah. Rear: All-over saturated color in a simple yet sophisticated silhouette is the way to go this season. This hibiscus pink coat and turtleneck paired with elegantly cut, flat-front trousers say streamlined chic. Turtleneck, $58, coat, $198, pants, $68, all Banana Republic. Bag, Rafe



Front: Pull over your legs in chic ensembles. With a sleek white zipper detail, this adventurous, orange, fitted cardigan sweater lets you show as much or as little as you please. Sweater, Banana Republic, $68. Skirt, Chereskin Sport, $59. Sunglasses, Michael Kors. Bangle, Christian Livingston at Notanonymous. Rear: This chrome yellow and white striped T-shirt features a built-in [illegible] ruffs, which means no more fussing to get the perfect layering effect. The Limited. Skirt, Banana Republic New York Signature. Bangle, A.V. Max, Sunglasses, Michael Kors



Stop for coffee and look gorgeously put together in this rose print circle skirt, reminiscent of the late 1950s sorority style. A lipstick-red top lends sauciness to the skirt's sweetness. Top, Lauren Ralph Lauren, $89. Skirt, Isaac Mizrahi for Target. Sandals, Billy Bag. BEAUTY NOTE: Use V05 Total Hair Recovery ($5.99) once a week for glossy, touchably soft hair.

For more great fashions, visit: www.lhj.com/marchfashion



Turn to page 215 or visit *www.lhj.com/jacketgiveaway* for a chance to win the white leather jacket Ellen is wearing above

PHOTOGRAPHS BY TIMOTHY WHITE

FUNNY LADIES WE LOVE

Because humor is powerful and provocative, energizing and exciting, we're tickled to introduce our first Funny Ladies We Love Award, and this year's winners are Ellen DeGeneres, Megan Mullally and Katey Sagal

BY MERLE GINSBERG

IT'S THE PERFECT TIME TO BE A FUNNY WOMAN in America. When *Ladies' Home Journal* set out to pay tribute to female comics, we were struck by just how rich and varied the field is today, and at how bold, brave and committed to breaking down boundaries these laughing ladies are. They're producing their own movies and starring in their own TV shows and plays. They're trampling taboos with glee, defying convention and using levity to brighten our darkest moments.

The three women we chose to be our favorite funny ladies of 2004—Megan Mullally, Ellen DeGeneres and Katey Sagal—inspire us, entertain us, sometimes shock us, but never bore us. Come along as we visit these three incredible women to talk about the serious business of being very, very funny.

Her genius is for sly, quietly exasperated observations about modern life (on automatic flushing toilets in airports: "*I'll* decide when I'm done!"). Ellen DeGeneres first came onto our comic radar after her standup acts landed her her own show, *Ellen*, in 1994, which became a showcase for her loose-jointed physical style. But she's always richest in her own voice, telling her own quirky stories and stealing the show with wry asides like when she hosts the Emmys. Thanks to her portrayal, there may never be a more beloved Regal Blue Tang than her Dory in *Finding Nemo*. And she may have found her best venue yet as host of her own talk show, *The Ellen DeGeneres Show*, received [illegible]

oddball questions for celebrities (to [illegible] real "civilian" guests, such as the 10-year-old champion [illegible] Ellen did an [illegible] act. Her book, *I . . . .*, packed with her signature observations of the absurd, quickly rose to the top of the best-seller lists in the fall. With Ellen, who recently turned 46, what you see is what you get, and we love what we get: lots of giggles that leave us with a warm glow.

Q: Do you think that women are allowed to be funny now more than they used to be?

Ellen: Historically, women could be funny if they were on stage with a man. Even Goldie Hawn was the ditzy girl who was allowed to be funny only with guys. Then there was the extreme, like Joan Rivers, who was brash. But now, it's okay for women to be strong. And the more women we see who aren't tough in a bad way—just strong, and there *is* a difference—the better it is. I'm strong, and I never thought I was strong before. I grew up weak and scared of everything, and wanting to please everybody. I didn't ever want to be the center of attention; that's still uncomfortable to me.

Q: Did that contribute to developing [illegible] rand of comedy?

Ellen: I've never gone in for insulting humor. And I don't talk about sex, or curse, which I think is lazy. I like pointing out what's different about all of us—and what's the same. I've learned that if I feel something, even if I think it's weird, somebody else has felt it, too. We always assume we're the only ones. We're the only ones who get in the bathtub and, in order to even out the water temperature, paddle on one side, and paddle in the opposite direction on the other side. I would do that and think, I know other people do this!

Q: Why don't we admit it?

Ellen: Because nobody likes to be honest about their quirks. That's why it's interesting to me, and that's probably why I'm a comedian: I was quieter, I watched people. We moved a lot when I was a kid, and I was always the new person at school. Our family didn't communicate at all, no one talked. When someone in the family said, "Everything's fine," I was the one who said, "No, it's not!" I don't know where I came from! I don't even look like anybody else in my family.

Q: So what's the last thing that made you laugh out loud?

Ellen: Yesterday I went to my 6-year-old goddaughter's play—Kathy Najimy's daughter is my godchild. Those kids trying to sing and perform—that made me laugh out loud.

Q: You must really be relating to kids these days after playing Dory in *Finding Nemo*. And I'll bet they're relating to you.

Ellen: This is a whole new audience! Even when kids hear my voice now, they flip out. There was a little girl taking tickets at the play yesterday, and she said, "Are you Ellen DeGeneres?" S[illegible] couldn't even say my name. She sta[illegible]ed saying, "*Omigod, Omigod.*"

Q: So what's powerful about comedy

Ellen: Being able to manipulate pe[illegible]ple's emotions. I realized the powe[illegible] when I was 13 and my parents we[illegible] getting divorced. My mother wa[illegible] really going through a hard time[illegible] Crying a lot. And [illegible] would cheer her up t[illegible] the point where she'[illegible] start laughing. It' very interesting at 1[illegible] to have the roles re[illegible]versed, to know you[illegible] are actually making your mother fee[illegible] good. I still feel like that onstage.

Q: As a talk-show host, Rosie O'Donnell was known as being nice and sweet. Is that the niche you wanted to fill?

Ellen: It's not that I feel like I *have* to be nice, I just *am* nice. I am so grateful for everything that's happened to me. I've gone through times when I was so angry, so devastated, and I think that's normal. Hey, life is full of pain. For everyone. But I love that now I can be exactly who I am. So I am completely comfortable in my skin for the first time in my life. Part of it is because I'm 45. Part of it is because I've been through so much I never believed I could have endured. I was always paralyzed with fear that the worst-case scenario would happen—well, the worst-case scenario *did* happen: My career and relationship [with Anne Heche] imploded. And I actually made it through! So on this show I can be exactly who I am. [Today Ellen lives with her girlfriend of three years, photographer Alexandra Hedison, and their two cats.]

Q: So does it make you insane to have to go and tape every day?

Ellen: I'm CONTINUED ON PAGE 117

> "WHEN I WAS 13," SAYS ELLEN, "MY MOTHER WAS CRYING A LOT. I WOULD CHEER HER UP TO THE POINT WHERE SHE'D START LAUGHING"

"Morning pain can't keep me from doing what I love."

Dorothy Hamill



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In clinical studies, commonly reported side effects included upper respiratory infection, diarrhea, nausea, and high blood pressure. Report any unusual symptoms to your doctor.

Please see the Patient Product Information for VIOXX on the next page for additional information that should be discussed with your doctor.

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information has changed
nation about VIOXX. Your
ls that contain more complete information. This leaflet does not take
ce of careful
and at regular checkups.

What is VIOXX?

VIOXX is a
(NSAID) that is used to reduce
VIOXX is available as a tablet or

the arthritis caused by age-related wear and tear
cute pain in adults (like the short-term pain you can get
- treatment of menstrual pain (pain during women's monthly periods)

Who should not take VIOXX?

Do not take VIOXX if you
- have had an allergic reaction such as asthma attacks, hives, or swelling of the throat and face to aspirin or other NSAIDs (for example, ibuprofen and naproxen)
- have had an allergic reaction to rofecoxib, which is the active ingredient of VIOXX, or to any of its inactive ingredients. (See Inactive Ingredients at the end of this leaflet.)

What should I tell my doctor before and during treatment with VIOXX?

Tell your doctor if you are
- pregnant or plan to become pregnant. VIOXX should not be used in late pregnancy because it may harm the fetus
- breast-feeding or plan to breast-feed. It is not known whether VIOXX is passed through to human breast milk and what its effects could be on a nursing child

Tell your doctor if you have
- history of angina, heart attack or a blocked artery in your heart
- kidney disease
- liver disease
- heart failure
- high blood pressure
- had an allergic reaction to aspirin or other NSAIDs
- had a serious stomach problem in the past

Tell your doctor about
- any other medical problems or allergies you have now or have had
- all medicines that you are taking or plan to take, even those you can get without a prescription

Tell your doctor if you develop
- serious stomach problems such as ulcer or bleeding symptoms (for instance, stomach burning or black stools, which are signs of possible stomach bleeding)
- unexplained weight gain or swelling of the feet and or legs
- skin rash or allergic reactions. If you have a severe allergic reaction, get medical help right away

How should I take VIOXX?

VIOXX should be taken once a day. Your doctor will decide what dose of VIOXX you should take and how long you should take it. You may take VIOXX with or without food.

Can I take VIOXX with other medicines?

e other medicines you are taking or plan to take
OXX, even other medicines that you can get without a
at your medicines are working
properly together if you are taking other medicines such as
-
- asthma)
-
- ssure and heart failure)
-

VIOXX cannot take the place of aspirin for prevention of heart attack or stroke. If you take both aspirin and VIOXX, you may have a greater chance of serious stomach problems than if you take VIOXX alone. If you are currently taking aspirin for prevention of heart attack or stroke, you should not discontinue aspirin without consulting your doctor.

What are the possible side effects of VIOXX?

Serious but rare side effects that have been reported in patients takin
and or related medic nes have included.

- t warning symptoms. These problems, if severe, cou
ave this serious side effect and tell your doctor ri
- Heart attacks and similar serious events have been reported in
taking VIOXX
- Serious allergic reactions including swelling of the face, lips,
and or throat which may cause difficulty breathing or swallow
wheezing occur rarely but may require treatment right away. Sev
reactions have also been reported.
- Serious kidney problems occur rarely, including acute kidney fail
worsening of chronic kidney failure.
- Severe liver problems, including hepatitis, jaundice and liver failure
rarely in patients taking NSAIDs, including VIOXX. Tell your doct
develop symptoms of liver problems. These include nausea, tiredne
ing, tenderness in the right upper abdomen, and flu-like symptoms.

In addition, the following side effects have been reported: anxiety,
vision, colitis, confusion, decreased levels of sodium in the blood, depressi
in the lungs, hair loss, hallucinations, increased levels of potassium in the bl
somnia, low blood cell counts, menstrual disorder, palpitations, pancreatitis,
in the ears, severe increase in blood pressure, tingling sensation, unusual hea
with stiff neck (aseptic meningitis), vertigo, worsening of epilepsy.

More common, but less serious side effects reported with VIOXX have inc
the following:

Upper and/or lower respiratory infection and/or inflammation
Headache
Dizziness
Diarrhea
Nausea and/or vomiting
Heartburn, stomach pain and upset
Swelling of the legs and/or feet
High blood pressure
Back pain
Tiredness
Urinary tract infection.

These side effects were reported in at least 2% of osteoarthritis pa
receiving daily doses of VIOXX 12.5 mg to 25 mg in clinical studies.

The side effects described above do not include all of the side effects rep
with VIOXX. Do not rely on this leaflet alone for information about side eff
Your doctor or pharmacist can discuss with you a more complete list of
effects. Any time you have a medical problem you think may be relate
VIOXX, talk to your doctor.

What else can I do to help manage my arthritis pain?

Talk to your doctor about:
- Exercise
- Controlling your weight
- Hot and cold treatments
- Using support devices.

What else should I know about VIOXX?

This leaflet provides a summary of certain information about VIOXX. If you h
any questions or concerns about VIOXX, osteoarthritis, rheumatoid arthriti
pain, talk to your health professional. Your pharmacist can give you an additi
leaflet that is written for health professionals.

Do not share VIOXX with anyone else; it was prescribed only for you. It sh
be taken only for the condition for which it was prescribed.

Keep VIOXX and all medicines out of the reach of children.

Inactive Ingredients.

Oral suspension: citric acid (monohydrate), sodium citrate (dihydrate), sorbitol solu
strawberry flavor, xanthan gum, sodium methylparaben, sodium propylparaben.

Tablets: croscarmellose sodium, hydroxypropyl cellulose, lactose, magnesi
stearate, microcrystalline cellulose, and yellow ferric oxide.

Issued August 2003

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LHJ-030

oving it. Even on the weekends I can't vait to come back on Monday be- :ause I love it so much.

Q: Did you always want to be a comedian?

Ellen: When I was really young I vanted to work with animals, but I lidn't pursue it. I was lazy. I didn't :are.

Q: Are you still an animal person?

Ellen: I'm a dog person. Shirley MacLaine came on the show recently to talk about the book her dog wrote. I didn't have that connection with my dog—it didn't tell me things or write books. I would have liked my dog to make money for me. I don't know if I could have made book deals for my dog, but that would have been great, too.

Q: Is there anything you don't like about doing the show?

Ellen: The only bad part of this job is that I have to have hair and makeup every single day. The minute the show's over I go in the dressing room and scrub off the makeup. I never wear it. I never wore makeup onstage, ever, even when I was doing stand-up. I hate it. But I love everything else about the show!

While the over-the-top hilarity of Peg Bundy on *Married . . . With Children* might be what first comes to mind when one thinks of Katey Sagal, it's her current role that has truly demonstrated the depths of her talent. As the country has mourned John Ritter since his death last September, it has been Katey's job to guide her *8 Simple Rules* family back to the task at hand: showing the lighter side of the trials and tribulations of everyday life. Only a comedian with [illegible] a task—no other TV show has [illegible] the untimely passing of its star. Katey [illegible] the pros always do.

Q: Your life so far does not read like the textbook of a funny lady. You've [illegible] been through several miscarriages, a divorce, the untimely deaths of both your mother and father when you were still quite young, then your co-star, John Ritter, died. You've had a lot of ups and downs.

Katey: Isn't it wacky? I have "one of those lives." Some of us do. I've had it really, really great—and really, really low. I finally grew up enough to realize that not everyone has the same life. At age 48, I realize, I have more of an upswing and a downswing than other people.

Q: Yes, we hear you're on an upswing right now.

Katey: Yeah. I got engaged in August to Kurt Sutter. He's a writer and producer on *The Shield*. We met two years ago.

Q: You know, Ellen and Megan said the same thing—about being in a good place right now—and you're all about the same age.

Q: It's true. It's not that you don't care what people think, you just aren't shaped by it anymore. It just stops being about anybody else's opinions. I definitely went through my years of trying to fit in.

Q: It seems like you were a loner when you were younger.

Q: Oh, I wanted to be Laura Nyro, Sylvia Plath—wearing all black. The whole thing.

Q: How does that person become a [illegible] person?

Katey: [illegible] me by surprise. [illegible] I always used humor as a social skill. I had that dry, [illegible] thing. That's the [illegible] I put on. I [illegible] from a dark place.

Q: You know what Megan said about Peg Bundy from *Married . . . With Children*? She said there would be no Karen Walker if there had been no Peg Bundy.

Katey: Yeah, they're kind of cut from the same cloth! Peg was definitely a cartoon—which was *sooo* fun. But Peg was originally written à la Roseanne. Peg and Al were supposed to be kind of slovenly; her sexiness was our invention. I thought they were so combative that they had to have some kind of hot sex appeal going on.

Q: Did people say you were funny when you were a kid?

Katey: In high school I ran for office and won because my speech made everybody laugh. I was cynical, quirky and quick. But if you talked to any boyfriend or husband I've had, I'm sure they'd tell you I'm dreadfully serious! I'm just not all that funny. I'm not zany.

Q: Are you the kind of person you thought you'd turn out to be?

Katey: I'm a Capricorn. I was amazingly old when I was younger, and I have a much younger energy now. I think there's [illegible]

"I'VE GONE THROUGH TIMES WHEN I WAS SO ANGRY, SO DEVASTATED," SAYS ELLEN. "BUT I LOVE THAT NOW I CAN BE EXACTLY WHO I AM"

"YOU LEARN TO LOOK AT THE FUNNY SIDE," SAYS KATEY. "YOU DEFEND YOURSELF AGAINST PAIN. HUMOR'S A GREAT WAY OF DOING THAT"

mor's a great way of doing that.

Q: So why didn't you pursue your earlier ambitions of being a rock star? You sang with Bette Midler and Bob Dylan.

Katey: I got more and more disillusioned by it, more self-destructive. Another door opened, and I somehow had the smarts to walk through it. But I just finished a new record. It's acoustic, soul, rhythm and blues, with folk roots. We're going to put it out on the Internet later this year. And I do gigs whenever I can. I just love to sing.

Q: You took *8 Simple Rules* intending to work with John, who was an old friend, on a fun sitcom. It's not really a sitcom anymore.

Katey: It's true. Now, we are showing people how to get over tragedy and that you will laugh again. It's a whole different thing now. But I don't feel like the star. I sort of consider the family to be the star of the show.

Q: And you have two kids in real life. Does your fiancé have kids?

Katey: No. My kids are 7 and 9. I [illegible] Kurt early on, but he didn't [illegible] for a year. You just have to [illegible] My kids gave him a [illegible]

planet for each of us. I've been in love a couple of times. I feel so lucky. My fiancé is funny, loving. My kids understand the concept now of "more people to love"—and more gifts at Christmas.

Q: What's the last thing that made you laugh out loud?

Katey: Oh, John Ritter. Definitely John Ritter. I miss John a lot. Most of the time, thinking of John is joyous because he was such a joyous person. As much as I'm missing him, I can always enjoy the memories of him. I laughed with him about 20 times a day. He reminded me of an old-school comedian type—a vaudevillian. He was just a naturally funny person.

A comedy about a neurotic city girl, her gay male roommate, her drunken assistant, and flamingly flamboyant friend? On a television network? Five years and six Emmys later, *Will & Grace* is one of the most popular shows in broadcast history and Megan Mullally's helium-voiced, bosomy, outrageously rude Karen Walker is at the center of it all. Recently married to her longtime boyfriend, Nick Offerman, Mullally couldn't be happier about her revolutionary show and the new turns her life has taken as a result. But first, she explains the cast on her leg.

Megan: I tore a ligament in my ankle the other day! John Cleese was guest starring on the show, and he was hoisting me up to a chandelier, and I lost my balance and fell. Now I've got this big old swollen ankle. And I couldn't get an X ray because my husband and I are trying to get pregnant.

Q: You're trying to get pregnant? How fab!

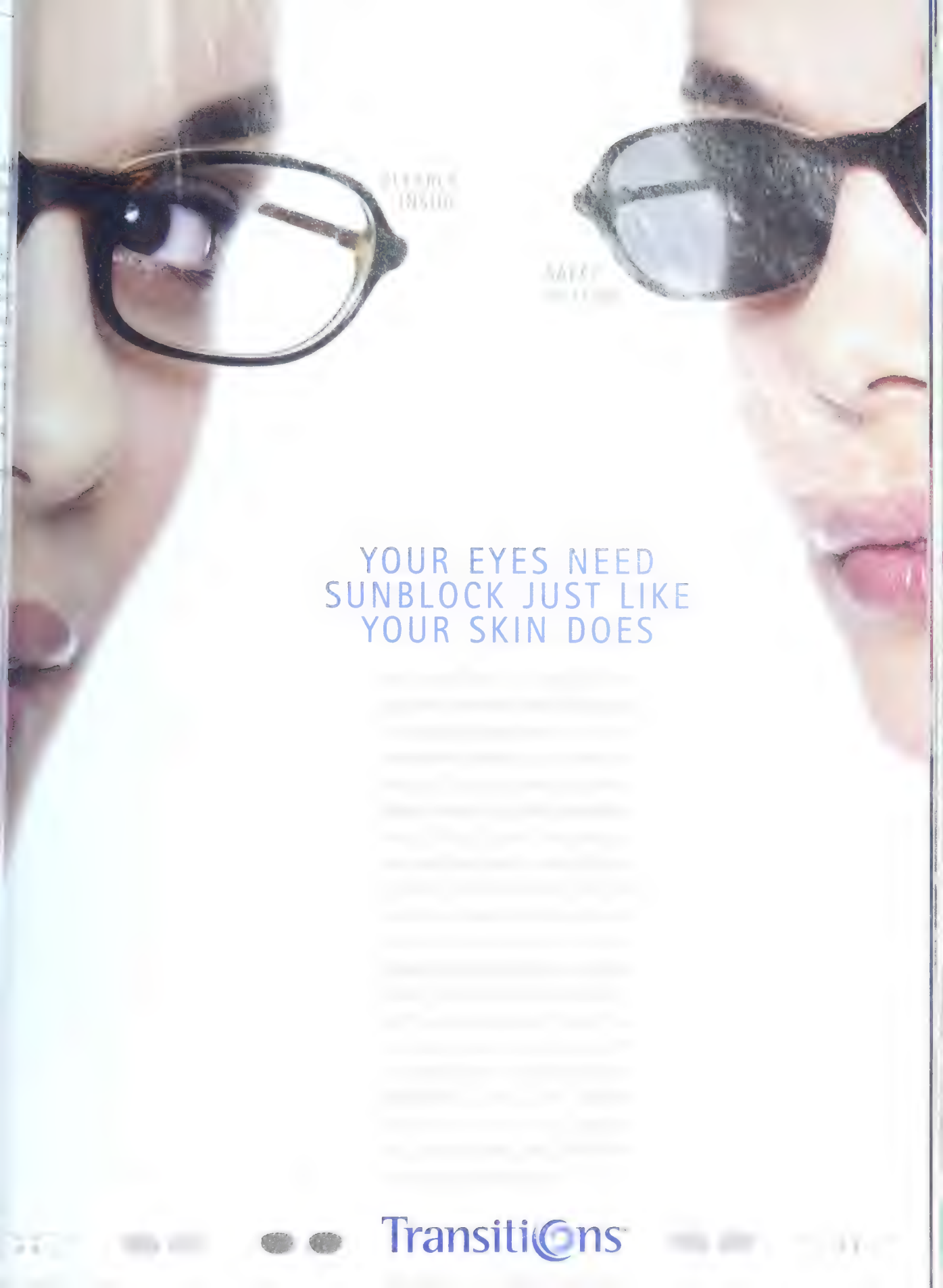
Megan: I don't know if I can, because I'm 45 and I don't want to do in vitro. We're doing it the old-fashioned way. I would adopt. I love the idea of adoption. I always have. My mom almost adopted another child when I was 8. But my husband is 11 years younger, and he wants to try to have our own kid before we try anything else.

Q: How do you feel about this classic "older woman, younger guy" marriage you're in?

Megan: I've made it a point to never lie about my age. I think our culture is so overwhelmed with youth and looking a certain way—and that has no meaning. I haven't had any Botox or any work. I don't judge anyone for having plastic surgery, but it's just not for me. Getting older is a part of life and I believe it's beautiful.

Q: How does your husband feel about the age difference?

Megan: Even though he's an actor, he's like a farm boy, he doesn't care about superficial things. I've always had a rash of younger men who were taken with me. When I met Nick, I couldn't tell his age because he looks older. But I really don't think it makes any difference. CONTINUED


YOUR EYES NEED
SUNBLOCK JUST LIKE
YOUR SKIN DOES
Transitions

There are
Q: Did
paper. But, never say never!
Q: What is Nick doing now?
Megan: He's
working as a carpenter on Courteney Cox Arquette and David Arquette's new show, *Mix It Up*. They happen to be our neighbors, and Courteney and Nick were also in a movie together. I'm so impressed by them—David's

"BEFORE *WILL & GRACE*," SAYS MEGAN, "I NEVER THOUGHT OF MYSELF AS HAVING BIG BOOBS. NOW THEY'VE BEEN MYTHOLOGIZED!"

but I kept him at bay, because in the past, I tended to rush into relationships. At a certain point, I formally asked him if he would be my boyfriend. We didn't consummate our relationship for quite awhile—that was my doing and it wasn't easy! I just knew he wasn't a fling.

Q: Are you excited about the possibility of becoming a mother?

Megan: Let me answer this way: We got a second poodle in May; they're both rescue dogs and so cute. Pets are great because they really show you what kind of parent you would be. They bring out your maternal feelings. I didn't think I would be good at parenting, but now I know that's not true.

Q: Do you and Nick fight?

Megan: We really don't argue that much. We never had a very stormy thing; he's my best friend. He was willing to commit to me on that level, and I was willing to commit to him. It's funny, for the first year of our relationship, I told Nick I would never get married again. I didn't believe in it. My
and I had the most amicable divorce. I
amous relationship—but not a signed

so sweet and handsome and Courteney is so nice. They're so real—David even wanted to put in their marriage vows that neither of them would ever have plastic surgery.

Q: Some say the source of humor is intelligence, some say it's not taking life too seriously. What do you think?

Megan: I don't know. I was always very inhibited as a child. Some things do change! I was still very introverted when I went to college. Even though I had done a good amount of what would be called comedy, I never thought of myself as a comedic actress. I could only be funny around people I really trusted. I have an innate distrust of show-off behavior. I was never the cutup.

Q: Do you think that women traditionally have been given permission to be funny?

Megan: Probably not. Maybe I've had an opportunity to unwittingly go a couple of steps further than a lot of women, given how our show has been written. I like to take chances and go there, and that's the key to comedy—allowing yourself to look stupid.

Q: You do so much physical humor as Karen; you're always flashing your boobs and being over-the-top silly.

Megan: Oh, God, the boobs. I cou
have counted on one hand the tim
I'd ever showed any kind of cleava
on TV before *Will & Grace*. I nev
thought of myself as even having b
boobs—I'm a 36 B, or 34 C. But the
are a couple of male writers who qui
fancy me in the chest area! Now
boobs have bee
mythologized! No
they write things fo
Karen like, "I've got
killer rack!" Then the
get costumes that ar
very low cut. Karen
Walker is just up for anything.

Q: What have you learned fro
Karen? Eric McCormack told *Ladie
Home Journal* that your tastes have go
ten more sophisticated because of her.

Megan: I think having more tha
$11 in my bank account has made
my taste better! I don't know if my
taste is more upscale. I just have
more money. The only way I'm like
Karen is that she wants to have fun—
that childlike capacity.

Q: Why do you think *Will & Grace*
succeeded as gay TV?

Megan: *Will & Grace* is not politicized. And the gay bashing is built
into our show. I've been in a truck
stop and had a table full of truck
drivers say, "Oh, I love your show!" I
sign their napkins.

Q: Do you get letters from the pro-alcoholics club?

Megan: Yeah, some people write
and say, "Let's get together and have
a martini!" Well, I've only had one
sip of a martini in my life, and I
thought I would throw up.

LHJ.com For more on these funny ladies, including a photo slide show go to: **www.lhj.com/funnyladies**


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Funny Ladies We Love

Dakota Fanning
At just 10 years old, this golden-haired girl with wide eyes and an old soul holds her own with veteran comics such as *The Cat in the Hat*'s Mike Myers.



Molly Shannon
Shannon's got the market cornered on kooky and irreverent characters that tug at your heartstrings. We'll be *Cracking Up* along with her new show on Fox this spring.

Courteney Cox Arquette, Jennifer Aniston and Lisa Kudrow
Comic history was made when these three *Friends* met. They've made us laugh, cry and cut our hair—they're a [illegible]



Julia Louis-Dreyfus, Kirstie Alley and Candice Bergen
Get these ladies their own shows again, please—ones that are as funny as they are!

Queen Latifah
All hail the hysterically funny Latifah, who brings down the house and breaks all the rules with her famous tough-girl-with-a-heart-of-gold gusto.

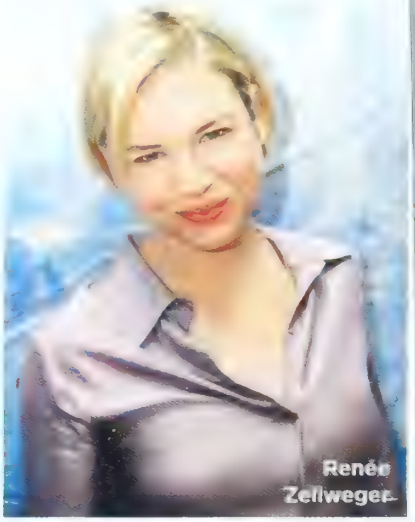


Debra Messing
As Grace Adler on *Will & Grace*, Messing is hapless and hilarious enough to make you believe she may be channeling Lucille Ball.

Kelly Ripa
The girl's a saucy, sassy one-liner wonder—first thing in the morning no less! And then at night, she does it all over again on *Hope & Faith*!

Teri Polo
Polo lets us in on the joke with her light, loopy style on *I'm With Her*, and as the straight girl in *Meet the Parents*.

Renée Zellweger
She had us at hello with one of the most expressive—and adorable—faces in Hollywood. Whether she's



flirting with a put-upon pout or scowling at Bridget's diary, we're on her side.

CONTINUED


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Kim C
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tickles us pink with its
struggle and a loss of


Sandra Bullock

Sandra Bullock
Bullock's girl-next-door goofiness gets us every time, but it's the vulnerability she lets shine through her gorgeous grin that makes her a

Cameron Diaz
There's something about Diaz's sunny California vibe, megawatt smile and smooth moves that we find downright heaven-sent.

Jane Kaczmarek
We think she's tops in *Malcolm in the* from nic essence


Reese Witherspoon

Constance Marie
We love this Latina Lucy—she keeps *George Lopez* in line and the rest of us in stitches with her spicy style.

Brooke Shields
From pretty baby to funny lady: She knows how to play her physical beauty for laughs while remaining likable and low-key.

Parker Posey
With a glint in her eye and a semi-screech in her voice, Posey is edgy, entirely endearing and, whatever the role, she's *Best in Show*.

Christine Baranski
This tart-tongued comedian *(Happy Family, Welcome to Mooseport)* polishes each and every line like a jewel.


Christine Baranski

Goldie Hawn
The Glorious Miss Goldie, whose giggle still makes us grin, was a revolutionary, elevating the classic dumb-blond sexpot persona with street smarts and a sweet soul.

Nia Vardalos
For her big, fat break she wrote and played family frustrations for laughs in a fresh, yet warmly familiar way.

Sara Rue
We think her rueful delivery makes her, actually, more, not *Less Than Perfe*

Bonnie Hunt
Life With Bonnie, written, directed and produced by Hunt, is an oasis of understated improvisational comedy.


Constance Zimmer

Constance Zimmer
She's the true wake-up call on *Good M ing, Miami*, in the tradition of hoarse and cranky comics who know how to work a snarky sneer.

Suzanne Pleshette
Her world-weary and wisecracking ways have earned her a place in our hearts and stellar roles on CONTINUED



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Whoopi Goldberg

From her Oscar-winning role i *Ghost* to her star turn in her TV hit *Whoopi*, she nails each and every line with a knowing smil



Carol Burnett

Six Emmys later, we tug our ears in salute to her towering talent, and her gift of making us laugh till we cry.

Kate Hudson

She inherited her mom's comic genes, but Hudson brings her own special sweetness to movies such as *How to Lose a Guy in 10 Days*.

Alicia Silverstone

You're *Clueless* if you don't see the humor in Silverstone's squeaky delivery and little frowns. *Miss Match* is right on target.



Rosie O'Donnell

She even makes being sued funny. Sure, she's foul and furious, but we like laughs that pack a punch.

Cheryl Hines

Nobody plays appalled for more laughs than Hines, who gives as good as she gets as Larry David's patient wife on the largely improvisational *Curb Your Enthusiasm.*

Doris Roberts

Everybody may love *Raymond,* but



from maternal martyrdom like no

Melanie Griffith

That girlie voice belies her
power–on-screen as a
or on Broadway in *Chica*
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Diane Keaton

Fluttering and fuming through some of the greatest comedies of all time, you gotta give kudos to Keaton's boundless comic gifts.

Reba McEntire

Her down-home persona makes us welcome her into our living rooms, no questions asked.

Tina Fey

As the first woman head writer of *Saturday Night Live,* her barbed and brainy brand of humor skewers and scintillates.



Lily Tomlin

Her wildly imaginative and expressive characters are now firmly part of our families–from Edith Ann to Ernestine.

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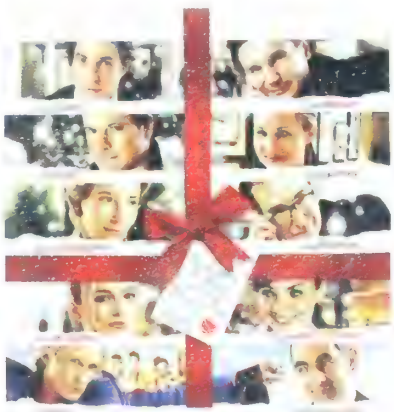
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"There is a hunger right now for some discussion about God," says Hall

Who knew that exploring the meaning of God could make hi TV? It did (in the form of *Joan of Arcadia*), thanks to the special talents of writer-producer Barbara Hall

Divine Inspiration

Barbara Hall, creator and executive producer of CBS's new hit show *Joan of Arcadia*, knows all too well that her TV series is inspiring conversations about God in living rooms across the country. She knows this because she is having them with her 12-year-old daughter, Faith.

"Oh, that's the be[illegible] week," says Ha[illegible] and veteran producer whose previous hit *[illegible]* is [illegible] fifth season. "My daughter and I get into the most interesting discussions about good and evil, if it's okay to do bad things for the right reasons—deep, philosophical discussions you don't expect to have with your 12-year-old."

As a mother, Hall is up for the challenge, and as the person responsible for bringing God to Friday-night TV, she's been thrilled to learn that millions of viewers are, too. *Joan of Arcadia* is, after all, an intensely personal project. "The show," Hall says, "is an echo of my spiritual growth."

The program starts with a deceptively simple premise: God is everywhere and available to everyone all the time. Joan Girardi, a 17-year-old high-school girl played by a charmingly perplexed Amber Tamblyn, gets this, though not within a religious context. With no warning and no invitation, God appears before Joan in various guises—as a mail carrier, a little girl, a cafeteria worker—and asks her to perform simple tasks that, ultimately, have moral consequences. In one episode, for example, God asks Joan to have a garage sale—an act that sends Joan and her mother digging through old family junk, and eventually, the wounds of her CONTINUED

BY JEANNE MARIE LASKAS



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mother's past. "A lot of the spiritual journey is n about the afterlife," says Hall. "It's about *this* li and how we live it. Small decisions can have hug repercussions."

The show had been percolating in Hall's hea since her own childhood obsession with Joan of Ar the 15th-century saint who believed she was obeyin God's call when she helped drive the British fro France. "It's the girl warrior icon," she says, "that have always identified with."

But it was a personal spiritual awakening tha brought *Joan of Arcadia* to life. Hall was raised in devout Methodist family in rural Virginia, an



Joan of Arcadia star Joan Girardi (Amber Tamblyn) has an unexpected meeting with God, who appears to her in the form of a cute boy

moved to Hollywood after college to become a tele vision writer. She was very successful working for hit TV shows such as *Northern Exposure*, *Moonlighting*, *ER* and *Chicago Hope*, among others, but left her church far behind.

Then in 1997, during a stay in New Orleans, she was walking to her hotel at night and was violently attacked and raped. The trials, which included two hung juries, dragged on for a year and a half, and ended with a third trial and a conviction that sent her attacker to prison for 15 years. Hall found herself desperate for a way to cope with the ordeal and find inner strength. She turned first to yoga, then Buddhism, then to an earnest study of the world's religions before finally converting to Catholicism. (Her sister Karen, who writes for *Judging Amy*, had converted in 1995.)

"In Hollywood, this is extremely bizarre," Hall says with a laugh. "I may just as well have said I be-

ieved in UFOs. But, well, I just don't care what people say about me."

Writing the scripts for *Joan of Arcadia* is a way for Hall to explore and grapple with her faith in God. "You know, I can be as mad at God as anybody," she says. "A friend of mine died recently. I was mad! So I tried to find a way for Joan to express that on the show. What I wanted to say to God was, 'You know, you have a lot to answer for, buddy. Nobody asks to be born!' And that's what Joan says to him on the show. And he says to her, 'You wish you weren't alive?' "

Hall is no stranger to drawing inspiration from her own life. The single mother character in *Judging Amy*, for instance, mirrors her relationship with her own daughter. "All those dilemmas and the way Amy talks to her daughter, that's me," Hall says. "Like, when your child starts to manipulate you, and you just say, 'That's fascinating, honey. Now get in the car.' Mother-daughter stuff is one of my favorite subjects. That dynamic never changes, it just shape-shifts. Maybe every now and then you resolve one tiny thing."

Examining the mother-daughter dynamic on TV is one thing. But God? "Yeah, that was kind of a tall order," says Hall. To that end, she sat down with her *Joan of Arcadia* crew and gave them a list of Ten Commandments for the series, which include such pronouncements as "God can't directly intervene," "Good and evil exist," "Everyone is allowed to say No to God, including Joan," and "God expects us to learn and grow from all our experiences. However, the exact nature of God is a mystery, and that mystery can never be solved."

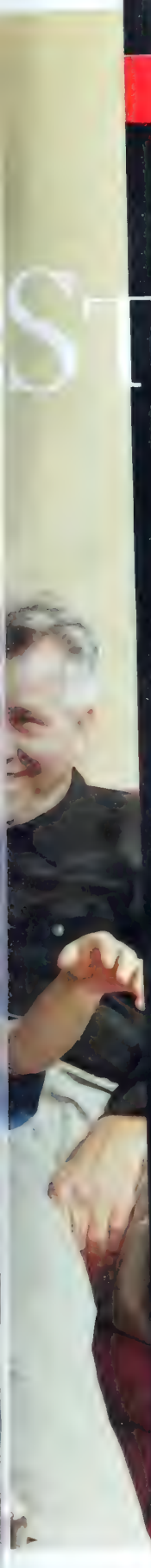
The result: a show about God that is both thoughtful and entertaining. Pitching a show about God to a medium as secular as TV would seem to have been a thorny challenge, but Hall says she faced no obstacles in Hollywood. "CBS just wanted it," says Hall. "There is a hunger right now for some discussion about God. I think September 11th had something to do with the shift in climate. It made people feel vulnerable, and that's when we start looking for God. It's also why he's so popular on airplanes."

For Hall, the notion of God as a character who appears in the daily and ordinary routines of life is a familiar one. "You know, I'm a practicing Catholic, but I was aware of God being everywhere long before I converted," she says. "The only thing you need to do to see God is to look. That's why Joan is seeing him–she has agreed to look."





Leigh, Conall, Keavy and Katlyn, partly hidden) need a lifestyle makeover. *Ladies' Home Journal* is going to give them one (see page 136). Watch for *20/20*'s special report



Ladies' Home Journal

SPECIAL REPORT

PART ONE

THE STRESSED-OUT AMERICAN FAMILY

Are you and your family stressed out and short on solutions? In this yearlong exclusive report, *Ladies' Home Journal* examines why and how we've become a nation of frenzied, frazzled families, and the toll stress takes on our health, marriages, children and our personal happiness. In this first installment, we spotlight the seismic social shifts that got us here and the best ways to get off the tension treadmill

BY MARTHA BARNETTE

The alarm clock [illegible] we feel fully rested, racing to get the kids ready for school, sitting in the hurry-up-and-wait of rush-hour traffic, carrying impossibly demanding workloads, scurrying to finish shopping and chores, driving the kids to soccer practice and music lessons, scrambling to fix dinner, listening to depressing newscasts, helping the kids with homework, having spats with loved ones, worrying about crime, cancer, infectious diseases, terrorism and how we're going to pay next month's bills, much less save for the future.

Who us, stressed?

You bet. Recent research indicates that Americans are one hair-raisingly stressed-out bunch. When the National Women's Health Resource Center conducted an online survey last summer, more than 90 percent of respondents said the level of stress in their daily lives was moderate or higher, and more than half complained that stress adversely affected their personal lives. Moreover, a 2002 Harris Interactive poll suggests that stress is coming at us from all directions. Asked what sorts of things had troubled them in the past month, 69 percent of people CONTINUED

Wood Johnson Foundation and America's HealthTogether, a nonprofit health and health-care organization, found that four in 10 Americans reported feeling more stress and anxiety in their lives today than they did before the September 11th terrorist attacks—a number that's even higher than a similar poll taken in November 2001.

Meanwhile, technological advances have ratcheted up the pace of life in the 21st century, bombarding us with an endless stream of information from personal computers, cell phones, round-the-clock news, and 500-channel satellite dishes. "The information explosion means we practically have to deal with more data in a week than our grandpar- CONTINUED



Meet the MacKenzies

It's 10 A.M. on a Sunday, and as usual, chaos rules in the MacKenzie household. Though Robin, 40, her husband, Leigh, 56, and their brood of six children, two dogs and a cat moved into their five-bedroom house outside Poughkeepsie, New York, a year ago, they've been so busy the halls are still cluttered with unpacked boxes—as is the living room, which is substituting for a pantry while the kitchen is being renovated. Robin, who has just returned from a fund-raiser breakfast, is [illegible] the younger kids—Conall, 8, Bryn, 7, Riley, 6 [illegible] sight. Now, sister [illegible]

about to lose it herself. "Leigh disciplines the kids by taking away the PlayStation," she says. "But I just yell."

The MacKenzies are stressed to the max, which is why Ladies' Home Journal selected them from among some 500 entrants for our yearlong Stressed-Out Family Makeover. Between now and December, we'll bring in a Stress Swat Team to help them navigate holding down demanding, full-time jobs (Robin is a real estate broker and Leigh is a commercial salesman for Culligan water systems), juggling the clashing schedules of their kids (Katlyn, 15, and Christopher, 13, from Robin's first marriage are also part of the mix) and fighting over paying the monthly bills on time.

Like most put-upon parents, Robin and Leigh haven't found ways to dial down the stress. Getting Bryn, Riley and Keavy to clean up their room is such a losing battle that Leigh has thrown in the towel. "I call them the three little pigs," he says with a rueful laugh. Robin would love to hire a nanny or housecleaner to lighten the load, but money is tight. There simply isn't enough time for anything—from parent-teacher conferences to exercise. Leigh, once an avid biker, has gained 25 pounds over the past 10 years; Robin gave up kickboxing last year, which had brought her some relief from tension headaches. Making enough time for each other also seems beyond reach. The couple did manage to dine at a fancy French restaurant two nights ago—"a hot date," says Leigh—but romance rarely makes it on their to-do list.

Join us each month to find out how our experts bring some serenity to this frazzled family. You might even pick up tips for getting your own household under control.

—Victoria Balfour

20/20

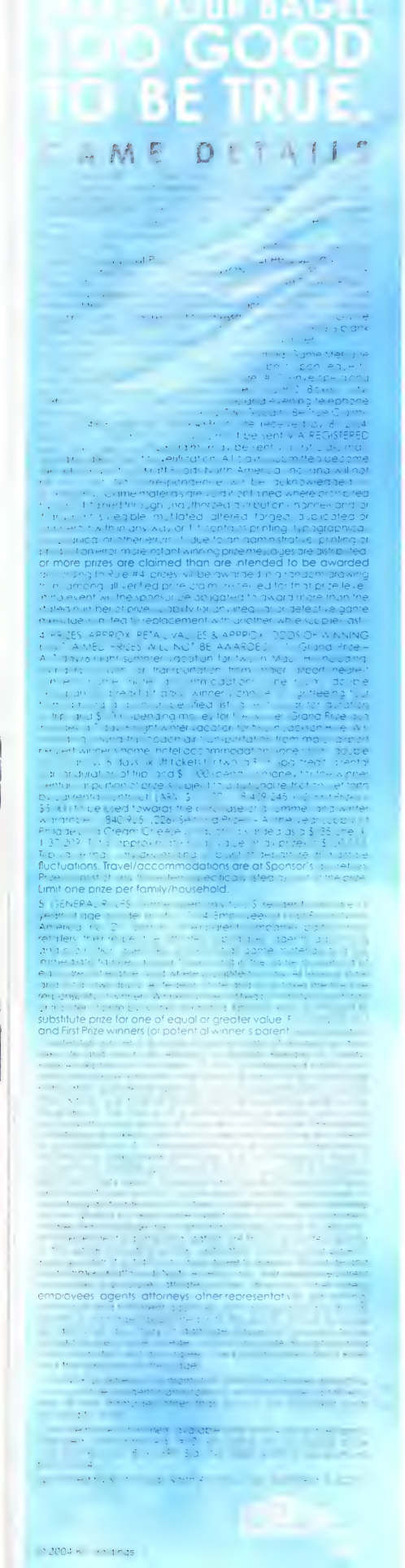
Tune into ABC's 20/20 [illegible] a special report on the MacKenzies. Check your local listings for details.

Get to know the MacKenzies at www.lhj.com/mackenzies



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Febreze



ents did in a lifetime," says Daphne Stevens, Ph.D., a psychotherapist in Macon, Georgia. Overburdened by "too much stimulation and pervasive expectations of multitasking," she adds, it's little wonder so many Americans feel unable to cope.

Then again, stress seems a required accessory of contemporary life. It's become fashionable to complain that we're busier and more stressed than the next person, and partly it's because we seem to want it that way. Increasingly, we feel half-dressed without our personal digital assistants, headset cell phones and other technological-wonders-turned-fashion-accessories. And many of us proudly boast th we're workaholics, wearing ou stress as a badge of honor. (It's pe haps telling that when the citizen of Denver were asked last Noven ber to consider a ballot initiative re quiring the city to adopt "an systematic, stress-reducing tech niques or programs . . . scientifically shown to reduce societywide stress," they voted it down by 2 to 1.)

What grinds us down the most? Not having enough time, according to a recent report by the federal government's National Institute of Occupational Safety and Health NIOSH . And what

CONTINUED

How Our 9 to 5 Jobs Turned into 24/7

Statistics on just how much Americans actually work are often debated because they're measured in different ways by different organizations. According to the Bureau of Labor Statistics, the number of hours we work in an average week has remained relatively constant since 1973. Such figures, however, don't take into account time spent commuting—an average of about 40 minutes a day—and the growing tendency to bring work home. (A recent report from the Families and Work Institute found that one in three employees brings home work at least once a week—a 10 percent increase since 1977.) Other government figures show that Americans worked an average of 1,801 hours in 2000, up from 1,582 hours in 1976—an annual increase of more than 5.5 weeks.

That makes us workaholics compared with other industrialized nations, according to the International Labour Organization, a United Nations agency that tracks labor trends. The French put in 1,545 hours; the Germans 1,444; and Norwegians a mere 1,342. Americans also give themselves short shrift when it comes to vacations, averaging just 10.2 days off a year; in western Europe, four weeks of vacation are mandated by law, and six weeks are not uncommon.

—*M.B.*



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WHEN IT'S PHILADELPHIA IT'S HEAVEN

*Philadelphia Cream Cheese spread contains 5 grams of saturated fat per serving. For game details see opposite page.

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How we cope with all the stressful events in our lives can actually determine how long and how well we live

cuts into our time the most is work. Seventy-five percent of workers believe there's more on-the-job stress now than [illegible] ago. And a 2000 Gallup poll found that nearly [illegible] help in learning to deal with stress in the workplace. Meanwhile, downsizing and other economic pressures have forced many Americans to take on multiple jobs to make ends meet. It's one area where women are achieving undesirable parity with men: Today, some 47 percent of those holding down more than one job are women—up 20 percent since 1973, according to the AFL-CIO.

And while our office inboxes are filled, Americans are increasingly pinched for time at home. A recent study at the University of Michigan's Survey Research Center found a dramatic rise in the "overscheduling" of children. Since the 1970s, children between the ages of 3 and 12 have lost 12 hours per week of overall free time, including a 25 percent drop in play time, and a 50 percent drop in unstructured outdoor activities. Other research shows that the number of families eating dinner together has regularly dropped by more than 30 percent over the past 30 years. "What people are constantly telling us is that between longer work hours and increasing home obligations, they're feeling squeezed to the max," says John de Graaf, coordinator of a national grassroots effort to combat overwork in America (*www.timeday.org*) and editor of the new book, *Take*

CONTINUED

What Exactly Is Stress, Anyway?

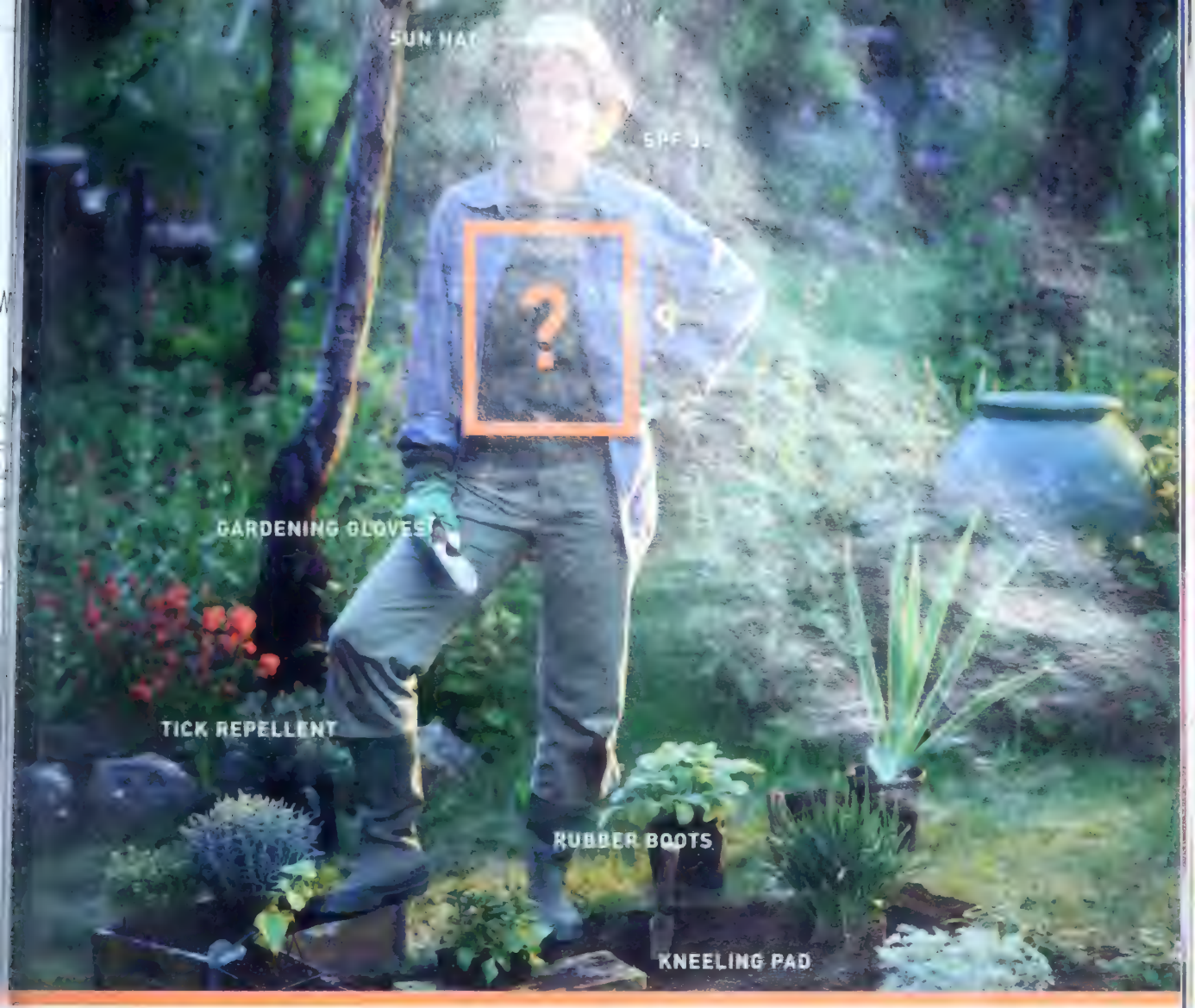
Stress of one sort or another has been around since the dawn of history. But the meaning of the word as we use it today is relatively new. It was introduced in the mid-20th century by endocrinologist Hans Selye, M.D., whose studies with rats led him to theorize the existence of a "stress response"—that is, the human body's physical reactions, both visible and unseen, to a perceived threat to its safety or well-being.

In primitive times, this biological response to short-term stress was key to our species' survival. If a saber-toothed tiger bounded out of the brush, our ancestors' fight-or-flight response immediately kicked in: Adrenaline and cortisol flooded the bloodstream, speeding up heart rate, raising blood sugar levels to provide instant energy, and pumping blood to the large muscles of the arms and legs, all the better to hurl a spear—or run for the hills.

Today, the stress response remains helpful for short-term crises by keeping us on our toes when, say, giving a speech or reacting quickly when a child reaches for a [illegible]ettle. Problem is, the three major things that trigger the stress response—loss of control, uncertainty and conflict—have become so pervasive and constant that "we're no longer aware that we're stressed all the time," says Gabor Maté, M.D., a family practitioner in Vancouver and author of *When the Body Says No: Understanding the Stress-Disease Connection.* Awash in "fight-or-flight" hormones, our bodies have no chance to refresh, recuperate and restore their natural balance. Think of the dome light inside a car, says Pamela Peeke, M.D., an assistant professor of medicine at the University of Maryland. "If it's late at night and you need to read a map, the car light is helpful. But what happens if you leave the light on all night when the car isn't running? The battery dies." In the same way, she says, unrelenting stress wears down our bodies. "Science has now shown unequivocally that perpetual stress can adversely affect everything from how long a wound takes to heal to how quickly your hair turns gray," Dr. Peeke says. "It's vital that we develop better coping tools to minimize the impact of stress on overall health."

—*M.B.*

WWW.LHJ.CO



WHAT ARE YOU DOING TO HELP PROTECT YOUR HEART?

You do all kinds of things to help safeguard urself. And yet, if you've had a heart attack or oke, it's important to ask your doctor if you're ing enough to help protect your heart. The Heart otection Study by Oxford University, funded in rt by Merck, researched ZOCOR.

ZOCOR is the first and only cholesterol medica- n proven to significantly reduce the risk of heart tack and stroke in people with heart disease. egardless of cholesterol level.

Before the Heart Protection Study was complete, OCOR was a time-tested, cholesterol-lowering edication, with over 160 million prescriptions led in the past 11 years.

Ask your doctor how ZOCOR, along with a healthy diet, n help protect you. Get information about the Heart Protection udy and ZOCOR at ***zocor.com*** or call 1-800-MERCK-75.



Important considerations: ZOCOR is a prescription medicine and isn't right for everyone, including women who are nursing or pregnant or who may become pregnant, anyone with liver problems, and people who are allergic to any ingredients of ZOCOR. Unexplained muscle pain or weakness could be a sign of a rare but serious side effect and should be reported to your doctor right away. Your doctor may do blood tests before and during treatment with ZOCOR to check for liver problems. To avoid serious side effects, discuss with your doctor medicine or food you should avoid while on ZOCOR.

YOUR RESULTS MAY VARY.

PLEASE READ THE MORE DETAILED INFORMATION ABOUT ZOCOR IMMEDIATELY FOLLOWING THIS AD.

ASK YOUR DOCTOR IF ZOCOR IS RIGHT FOR YOU.

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USES ...

WHEN ZOCOR SHOULD NOT BE USED

... problems

Women who are or may become pregnant
Women of childbearing age should not take ZOCOR unless it is highly unlikely that they will become pregnant

Women who are breast-feeding

WARNINGS

Muscle: Tell your doctor right away if you experience any unexplained muscle pain, tenderness, or weakness at any time during treatment with ZOCOR so your doctor can decide if ZOCOR should be stopped. Some patients may have muscle pain or weakness while taking ZOCOR. Rarely, this can include muscle breakdown resulting in kidney damage. The risk of muscle breakdown is greater in patients taking certain other drugs along with ZOCOR:

- Cyclosporine, itraconazole, ketoconazole, erythromycin, clarithromycin, HIV protease inhibitors, the antidepressant nefazodone, or large quantities of grapefruit juice (>1 quart daily), particularly with higher doses of ZOCOR.
- Gemfibrozil particularly with higher doses of ZOCOR
- Other lipid lowering drugs (other fibrates or ≥1 g/day of niacin) that can cause myopathy when given alone.
- Amiodarone or verapamil with higher doses of ZOCOR.

The risk of muscle breakdown is greater at higher doses of simvastatin.

Because the risk of muscle side effects is greater when ZOCOR is used with the products listed above, the combined use of these products should be avoided unless your doctor determines the benefits are likely to outweigh the increased risks.

The dose of ZOCOR should not exceed 10 mg daily in patients receiving gemfibrozil. The combined use of ZOCOR and gemfibrozil should be avoided, unless your doctor determines that the benefits outweigh the increased risks of muscle problems. Caution should be used when using ZOCOR with other fibrates or niacin because these can cause muscle problems when taken alone.

No more than 10 mg/day of ZOCOR should be taken with cyclosporine.

The combined use of verapamil or amiodarone with doses above ZOCOR 20 mg should be avoided unless your doctor determines the benefits outweigh the increased risk of muscle breakdown.

Your doctor should also carefully monitor for any muscle pain, tenderness, or weakness, particularly during the initial months of therapy and if the dose of either drug is increased. Your doctor also may monitor the level of certain muscle enzymes in your body, but there is no assurance that such monitoring will prevent the occurrence of severe muscle disease.

The risk of muscle breakdown is greater in patients with kidney problems or diabetes.

If you have conditions that can increase your risk of muscle breakdown, which in turn can cause kidney damage, your doctor should temporarily withhold or stop ZOCOR. Also, since there are no known adverse consequences of briefly stopping therapy with ZOCOR, treatment should be stopped a few days before elective major surgery and when any major acute medical or surgical condition occurs. Discuss this with your doctor, who can explain these conditions to you.

Liver: About 1% of patients who took ZOCOR in clinical trials developed elevated levels of some liver enzymes

... than 3 time...

Your doctor should perform ro... ne ... these enzymes before you start treatment with ZOCOR and thereafter when clinically indicated. Patients titrated to the 80-mg dose should receive an additional test at 3 months and periodically thereafter (eg, semiannually) for the first year of treatment

PRECAUTIONS

Drug Interactions

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Central Nervous System Toxicity: Cancer, Mutations, Impairment of Fertility: Like mos...

...een seen ... 1 study with ZOCOR ...

Pregnancy

...ke ZOCOR ...

Nursing Mothers

... ZOCOR SHOULD ...

Pediatric Use: ZOCOR is not recommended for children or patients under 10 years of age

Geriatric Use: ...

SIDE EFFECTS

... ...gar pills) ...

Digestive System

Muscle, Skeletal

Nervous System

Skin: ...

Eye Senses

Hypersensitivity (Allergic) Reactions

Other: ...

Laboratory Tests

NOTE: This summary provides important information about ZOCOR. If you would like ... information, ask your doctor or pharmacist to let you read the prescribing information ... then discuss it with them

MERCK
... Sharp & Dohme, ...

Back Your Time. "A healthy balance between work and home life is as distant a memory as *Leave It to Beaver*."

What's more, scientists say, there's growing evidence that life in the day-to-day pressure cooker is literally making us sick. "Chronic stress is becoming the norm for a huge number of Americans, and that's exactly when it becomes a health hazard," says Pamela Peeke, M.D., an assistant professor of medicine at the University of Maryland. Two-thirds of Americans reported losing sleep due to stress last year—a 15 percent jump from the previous year, according to a survey by the Better Sleep Council.

Research over the past 20 years suggests that chronic stress plays a major role in everything from headaches to stomach ailments to depression, according to NIOSH. One recent survey indicated that some 62 percent of Americans said they routinely have job-related neck pain at the end of their workdays, while 44 percent come home with eye strain and 38 percent with painful hands. Even worse, stress may be linked to more serious illness. In one study at Ohio State University, caregivers for a spouse with Alzheimer's disease had significantly lowered levels of infection-fighting "natural killer" cells, a condition that persisted up to three years after the loved one's death. Still other studies suggest prolonged exposure to stress can lead to heart disease as well as infertility and an increased risk of premature birth.

And stress can assail our bodies in more insidious ways as we try to soothe ourselves by overeating, abusing alcohol, smoking or parking ourselves in front of the tube for hours on end. When [illegible] cially [illegible] cious circle: in a recent Harris Interactive poll, more than [illegible] the female respondents [illegible] that when they're under stress, healthful eating goes out the window. In the same poll, 63 percent of Americans said that being under stress also leaves them feeling depressed, which in turn can lead to more self-destructive behavior.

But stress exacts its price even when we seek help in the right ways: With an estimated 80 percent of all visits to primary-care physicians due to stress-related complaints, stress is a major factor in spiraling health-care costs. In fact, a study in the *Journal of Occupational and Environmental Medicine* found that workers exposed to high levels of stress incur health-care costs nearly 50 percent higher than those of their calmer counterparts. Other Americans are shelling out money at day spas, an industry whose revenues have grown from $7 billion in 2001 to $11 billion last year.

Experts warn that one way or another, we'd better get a grip on our stress—and fast. "Stress is at the heart of the mind-body connection," says Dr. Peeke. "How you react to stressful events in your life can literally determine how long and how well you live." De Graaf agrees, urging Americans to start a kind of national dialogue on destressing, and what we can do to reclaim our frenzied lives. "After all," he says, "there's no greater gift than time."

Next month How constant stress wreaks havoc with our health

Is your family frazzled? Take the quiz and find out **www.lhj.com/familystress**

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Coming next: "Forever Snow White"



Shown actual size of about 6 inches high.

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Dreams do come true with this first-ever Disney princess bell collection ... available for a limited time *only* from Bradford Editions!

The "Forever Cinderella" collectible is the *first ever* to feature artwork from this Disney animated film on a porcelain bell. It's a dream come true! Each issue in the *Disney's Dresses and Dreams Heirloom Porcelain*® collection presents a different Disney princess as well as classic scenes from the Disney animated film in her costume. Sparkling crystals and 22K gold accents add magical finishing touches.

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rned out in a very special costume, this cheerful snowman ll no doubt be the best dressed on the block! For the st time ever, the "Thomas Kinkade Victorian Christmas" llectible Snowman features the artist's beloved "Victorian ristmas" artwork on his handsome overcoat and stylish p hat. Sculptural silvery buttons, accents and showers of tter bring a smile to his face and yours! An old-fashioned ntern, carrot nose and name-inscribed base also enhance is hand-crafted, hand-painted edition.

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When [illegible] was just 7 years old, she was abducted and sexuall[illegible] assaulted by a stranger in her suburban neighborhood. Now, more tha[illegible] she tells her story for the first time, providing rare an[illegible] insight that can help protect children everywhere. In our specia[illegible] investigation, we hear from crime experts, psychologists and activist[illegible] about the progress we've made, and what more still needs to be done

Crimes Against Nature

Warning to readers: The following true crime story contains graphic language and details. We opted not to delete these details or to use euphemistic or clinical language because these can't honestly convey the horror of sexual crimes against children. Only fully informed citizens can make thoughtful assessments of appropriate justice and needed legal change. If this story inspires outrage, we encourage readers to direct it toward work that will continue to protect children from predators (see page 153). – *The Editors*

"Come here," was all I heard someone say.

It was February 22, 1982, a mild, sunny morning; I was 7 years old, walking to school along one of the main, tree-lined thoroughfares of Maplewood, New Jersey, my hometown. My older brother had just transferred to a public school, and my two younger sisters hadn't started school yet, so every day I walked the first five blocks to Immaculate Heart of Mary by myself before meeting my friend Jennifer Hall [illegible].

A white, two-door sedan with a black vinyl hardtop pulled [illegible] driveway in front of me. The passenger-side door swung open. "Come here," a man's voice said. Maybe it was a dad driving a classmate to school? Maybe there was a ride in it for me. Curious, I leaned in toward the open door. At that moment, the driver's hand reached out, over my head, and grabbed the back of my neck. I felt my body hurl into a 360-degree flip and I landed on the floorboard of the front passenger seat. Then the door shut and the car sped off. At least this is how I remember it, even though, from the vantage of adult logic, it hardly seems possible.

I don't recall thinking anything those first few minutes I was pulled into that car. Random crime was not a feature of my suburban neighborhood. I was a tomboy; I loved the endless, untroubled afternoons of riding my bike through neighbors' backyards or playing hide-and-seek across a wide, five-block radius of my home. It never occurred to me that anything bad could happen to me there. While I'm sure I'd been privy to a safety orientation or two at school and had probably watched my share of McGruff the Crime Dog commercials on TV, nothing like that came to mind.

A hand was pressing down on my head to keep me on the floor, even though I didn't dare resist. After several minutes, the voice that had lured me into the car said, "What's your name?" I asked where he was taking me.

"What's your name?"

"Where are you taking me?"

"What's your name?"

"I'll tell you my name when you tell me where you're taking me."

He demanded my name a final time, his voice angrier: gruff, masculine and scary. I told him and when he asked me for my parents' names, my address, my phone number, and where I had been headed, I told him all those things, too.

BY ROSE MARTELLI

We merged onto a highway, and he said I could sit up on the seat. That's when I got my first look at him. He was maybe in his 30s. He was scruffy; his dark hair and beard were scraggly. He was big in every direction—huge shoulders, a thick belly, very tall—but the biggest thing about him was his eyes. And they were pitch black.

As soon as I'd righted myself on the seat, he instructed me to lie down instead, with my head at his hip and my feet against the door—so, I assumed, nobody could see me. I became convinced that his plan was to drive me to the Delaware Memorial Bridge (about two hours south) and drop me off it. Bridges had always terrified me as a child.

With me prostrate across the bench seat and him still driving, he unzipped his jeans and took out his penis. "Say, I want to suck your c---," he said. I had never seen a penis before. I didn't even know what one was, and I really did not like the way his words sounded—foreign and bad. But I knew I had no choice; this man was in charge. So I said it, and he instructed me to lick it "just like a lollipop." I did. Then he pulled down my underpants and started touching me.

As all this was happening, I slowly, slowly crept my feet up the side of the car door until they just barely showed in the window. Maybe another driver would see, get suspicious, look more closely. Maybe we'd get a witness that way. I remember later being told that we did.

We weren't in the car an hour when it ran out of gas (so we wouldn't make it to the bridge, I thought, thankfully). He pulled over, zipped up and I collected my bookbag and lunchbox. We crossed the highway and walked together about a mile to his apartment, hand in hand at his insistence. I knew instinctively that what was happening was wrong and bad—my 7-year-old mind had no other vocabulary to classify it. And I knew I was supposed to be at school, not walking alongside a highway with a strange man. But I felt I had no other option but to do as I was told.

We entered his apartment through the front door, which opened into the kitchen. He pointed me toward a chair while he went to the phone on the wall and dialed someone. From his conversation I learned that his name was Vic, and that the car belonged to the person on the other end. He hung up and motioned me into the living room. I remember wallpaper that looked like a collage of old-fashioned, Wild West–style "Wanted" posters, and gambling equipment as furniture; he used a low-standing craps table as a coffee table. Downstairs, where he led me next, contained a bedroom with a kitchenette. The bedroom was dominated by a waterbed and had a purple bedspread. I knew it was mine, from then on I knew his place was off-limits to friends from school who lived here. I would not want to go there to play.

He sat me down on the bed and started undressing me. I didn't struggle or cry; it didn't occur to me to do either. I was, I think, in shock. Because I became aware of everything: where his hands touched my clothes, how cold the room was, the pounding noise on the floor. I was frozen. Vic started undoing my braids and [illegible] pieces of hair and stroking my head. When he was done he said, "Now I'm the only one who will ever touch you like this."



Rose Martelli at 7, the year she was abducted while on her way to school

What he did to me sexually for the next six or seven hours I can recall in fleeting visual flashes that are strung together in my memory like a loop of a tape. What he did, he did over and over again. He'd tell me to perform the same act from the car, and I would. He'd lay me down on my back on his bed and put his fingers inside me; when I told him that it hurt he'd coat them with Vaseline, but that didn't make his fingers any smaller. He never attempted intercourse, and I never worried that he might because I didn't know what it was.

I never had thoughts about dying, no thoughts about how all this would end. After all, I had never been in danger before. I cried only once the whole day, toward the end of the afternoon, when I suddenly felt punched in the stomach by the thought that I would never see my mom again. He demanded to know, in an angry tone of voice, why I was crying. Trying to restrain my tears, I said that I wanted to see my mom. He yelled at me to shut up until he scared me enough that I did.

CONTINUED



Rose Martelli today, at 29

Then, sometime around 3 or 4 P.M., he started crying. We were sitting on the edge of the bed, and he leaned into me, letting out immense sobs on my shoulder. I consoled him. I didn't hate him. I didn't want to hurt him. I just patted his back and said, "It's okay, it's okay," over and over.

After a few minutes of crying, he stopped rather quickly and silently started to get dressed. I took that as my cue to do the same. He then began calling different numbers asking for information about a bus. Now that I was close to being let go (why else would he be asking about a bus? I reasoned), I felt remarkably relaxed. I ate the entire contents of my Holly Hobby lunchbox, cupcakes first. After each call I'd casually ask if he had found a bus yet until finally he responded to me by lurching across the table, digging his thumbs into my neck and hissing, "No, I didn't find a fucking bus yet, okay?" I squeaked out, "I can't breathe," and he dropped his hands.

When he finally found the right bus, we left his apartment as we arrived, hand in hand, and walked to a bus stop. As the bus pulled up, I frantically concocted a plan: I'd take an aisle seat, and once the bus started moving I'd jump up and scream, "This man just kidnapped me!" As he paid our fare, with one hand possessively spanning the back of my neck, I tried to bore my stare into the bus driver's skull, silently begging him to look at me. Surely he could see that something was wrong, that a 7-year-old girl in a parochial school uniform was not supposed to be traveling with a man like this. But the driver didn't look up, and when the two of us sat down, Vic surprised me by ushering me into a window seat. My plan was foiled, and I no longer had the guts to scream.

We took the bus to a supermarket plaza. We walked to a pay phone and he again asked me for my parents' names and phone number. He dialed, and after a moment he said, "Is this Marcie Martelli? Is your daughter Rose Martelli? She's at the A&P in Elizabeth." He hung up, turned to me, and said, "If you tell anyone anything about me, I'll come back and get your mom."

And then he was gone.

Oddly, I wasn't overjoyed or excited. I didn't think about finding a trusted adult, like a cashier or a police officer, as kids are told to do if they're in trouble. Instead I went inside the A&P and browsed the cosmetics aisle. After a few minutes, two policemen walked into the store. I knew they were looking for me, but for some reason I didn't want them to find me. I passed quickly through an aisle or two trying to avoid them, but they caught up with me. "Are you Rose Martelli?" one of them asked.

"Yes," I replied.

"Were you just kidnapped?"

"Yes."

"Come with us."

The policemen took me to a hospital where I was met by a slew of doctors, nurses and more police officers. They were all extremely friendly and upbeat. The head cop asked me how good my memory was. I boasted that I had an excellent memory, and took great pride in detailing for him everything I'd had for breakfast that day. For dinner, I got a huge roast beef sandwich—I had never had roast beef before, and I loved it—and a hot-fudge sundae. The only thing that dampened my mood at the hospital was when I went to use the bathroom and realized, as I turned around to flush, that there was blood in the

CHILD ABDUCTION IN AMERICA: A TIMELINE

May 25, 1979 Six-year-old Etan Patz is abducted in New York City. His body is never found. His case receives intense national attention.



July 1979 to May 1981 Twenty-nine African-American youths are abducted and murdered in Atlanta, sending fear through the city and sparking the creation of armed foot patrols by neighborhood residents.

July 27, 1981 Six-year-old Adam Walsh is kidnapped in the toy department of a Hollywood, Florida, department store. Two weeks later, the little boy's remains are found in a drainage canal 120 miles from his home.

August 1982 Thanks partly to John Walsh, the Missing Children Act is passed, requiring the FBI to enter lost kids' descriptions into its national crime computer.



bowl. I was so embarrassed: I remember telling a nurse, "I think I broke your toilet." The nurse didn't explain to me that my hymen probably had been broken. I wound up figuring it out for myself about six years later in health class.

About an hour after I arrived at the hospital, and after the police questioned me about Vic and what happened to me, a policeman said, "We have two people here who can't wait to see you." I've never been so happy to see somebody as I was when my mom and dad walked into that room that day. They were wonderfully sunny and cheerful, which was just what I needed at that moment. To see them break down or cry, I think I would have felt as if I'd done something wrong or even felt guilty for upsetting them.

Then the police officers told me they needed to take pictures of my vagina. After a thorough medical examination, I was released at around 10 P.M. I remember being dressed and ready to go home when the police officers asked me and my parents to drive around with them as they looked for Vic. But it was dark, and I was falling asleep, so my mom called it off and my parents took me home. I slept well in my own bed that night.

I didn't go to school the rest of that week. Every morning the police came over and [illegible] shots and pictures of cars. My [illegible] and I drove around on several [illegible] sions with the police, pointing out landmarks I remembered. Later that week the police and [illegible] them every single thing that happened on the day I was kidnapped, so they could type it all down. I ra[illegible] the whole story as many details as possible—down to the odd furniture in Vic's apartment, the number tacked on his front door, a red star on a slide in his apartment complex's playground and even the ID number on the bus.

The cops would later tell me that my detailed descriptions helped them catch Vic. But until I wrote this story, I didn't learn what he was charged with or if he was convicted, or if there was a trial. (See "How the Crime Was Solved," on page 154.) All I knew was that he went to jail soon afterward and might not be eligible for parole until I turned 22. But the summer I was 17, the Maplewood police told my mom that Vic had died in prison.

Being kidnapped made me famous. For days afterward, flowers and stuffed animals from neighbors, our church and my school poured into the house. I read about myself in the papers. When we went to Mass the next Sunday, the whole congregation gave me a standing ovation as I walked in with my family. For [illegible] I was [illegible] peculiarly among other kids. They'd come up to me at the playground or the mall and ask if I was Rose Martelli, the Rose Martelli who was kidnapped. I remember one kid asking if it was true that I had been [illegible]. I don't know, what does 'rape' mean?"

Telling the story never bothered me. In fact, I loved the way it [illegible] people around. [illegible] I and the [illegible] running from [illegible] I'd have dozens of teammates surrounding me, listening intently. I told it to get attention from boys I liked.

My parents, meanwhile—my dad taught history at a public high school a few miles away, and my mom, a former teacher—seemed to want to brush the whole experience under the rug, to get on with a normal life, of course, but also to forget that the whole thing ever happened. My mom, to this day, mostly refers to it as "what happened to you when you were 7." Later that winter, they took all four of us kids to a psychologist's office without saying exactly where we were going. When we got there, we were told to play in the waiting room while my parents went inside. Eventually I went in and the psychologist asked me questions about my kidnap- CONTINUED

September 1984 The National Center for Missing & Exploited Children is founded. The center distributes photos of missing kids and trains government agencies in handling kidnapping cases.

February 1988 John Walsh's TV show, *America's Most Wanted: America Fights Back*, debuts. The show reenacts kidnapping cases (and other crimes) to locate missing children and catch their abductors.

November 1990 The National Child Search Assistance Act is passed, prohibiting police from insisting on waiting periods before taking reports on missing children.

October 1, 1993 12-year-old Polly Klaas is taken from her bedroom in Petaluma, California, during a slumber party. She's found dead two months later.



ping. She seemed weird to me, and I didn't like talking to her. On the ride home, I asked my parents, "Do I [illegible]?" They [illegible] and quickly assured me that I didn't.

Eventually other time I ever went to therapy was a few sessions as a high school senior at the insistence of my best friend. We did work through some of my issues of fear, but still, the events of that day would continue to influence me throughout my life in various ways. For one, I became intensely terrified of strangers—male strangers—for about five or six years afterward. The summer after I was kidnapped, I had to take an IQ test for a gifted-student program. My father drove me to the testing location where I was to sit alone for three hours in a room with an administrator, a large man with dark hair and a beard. I froze the minute I saw him. I don't remember how I got the words out—my fear of strangers was actually something I tried never to mention, especially not to my parents—but I refused to stay without my dad. The administrator had to call for special permission to allow my dad to come in and stay with me. (He did; I passed the test and got into the program.) When I got to middle school, at age 11, I started walking two miles each way to school, often alone. I would tense up each time a car passed by. I was convinced everybody had a gun.

Now 29, I no longer have such random fears. And with the exception of writing this story, I don't spend a lot of time thinking about the events of that day. The only time I do is when there is a highly publicized case in the news like Elizabeth Smart's. I know that getting back to your own bed safely is just the first part; then comes figuring out the rest of your life with this ordeal now part of it. I just hope that Elizabeth, and other kids who survive such experiences, can move past it as well as I feel I did. Not that I got through it perfectly, or that it had no negative effect on me, but I do think my life stayed its course; I do think I wound up happy, ambitious about life, and the person I was mostly meant to be all along. Really, when I hear about cases like Elizabeth's, I feel the most empathy for the parents. As I've gotten older, I have thought more and more about how horrifying it must be for parents: while I was missing, mine probably felt more helpless than I did.

I'm still grateful to my parents for acting so upbeat at the hospital that night; quite frankly, I will never know how they did it. But now that I'm an adult, I've thought that it would have been nice to see my dad punch a wall or something. Deep down, my greatest insecurity has been that I don't think myself someone worth fighting for. Sometimes during moments I am less than proud of, I will pick a fight with someone I love just to feed a psychological impulse to see if they run away or stick it out. That impulse can feel as strong as a physical addiction at times and is something I have to fight hard. Whether these urges stem from being an abuse and kidnap victim, that's all something I gave up trying to solve years ago. I was a late bloomer with boys; was that because my first sexual experience was a forced, cruel and illegal one? I don't think so, but who knows?

There is no clean equation that can determine what about my life or personality is due to what happened to me that sunny February morning. That knot of causes and effects, more than 20 years old, is tied far too tightly to pick apart and separate the strands. And I don't feel the need to pick. I like who I am. I'm happy with myself. Getting to that point has not appeared to be any more difficult for me than it is for anybody else. And if I am scarred by the experience, they are scars that I own, and that have given me a sense of pride and accomplishment for overcoming what could have been a torturous ordeal. And that's a good feeling.

CONTINUED

December 1993 The International Parental Kidnapping Crime Act cracks down on parents who abduct their own children and remove them from the United States

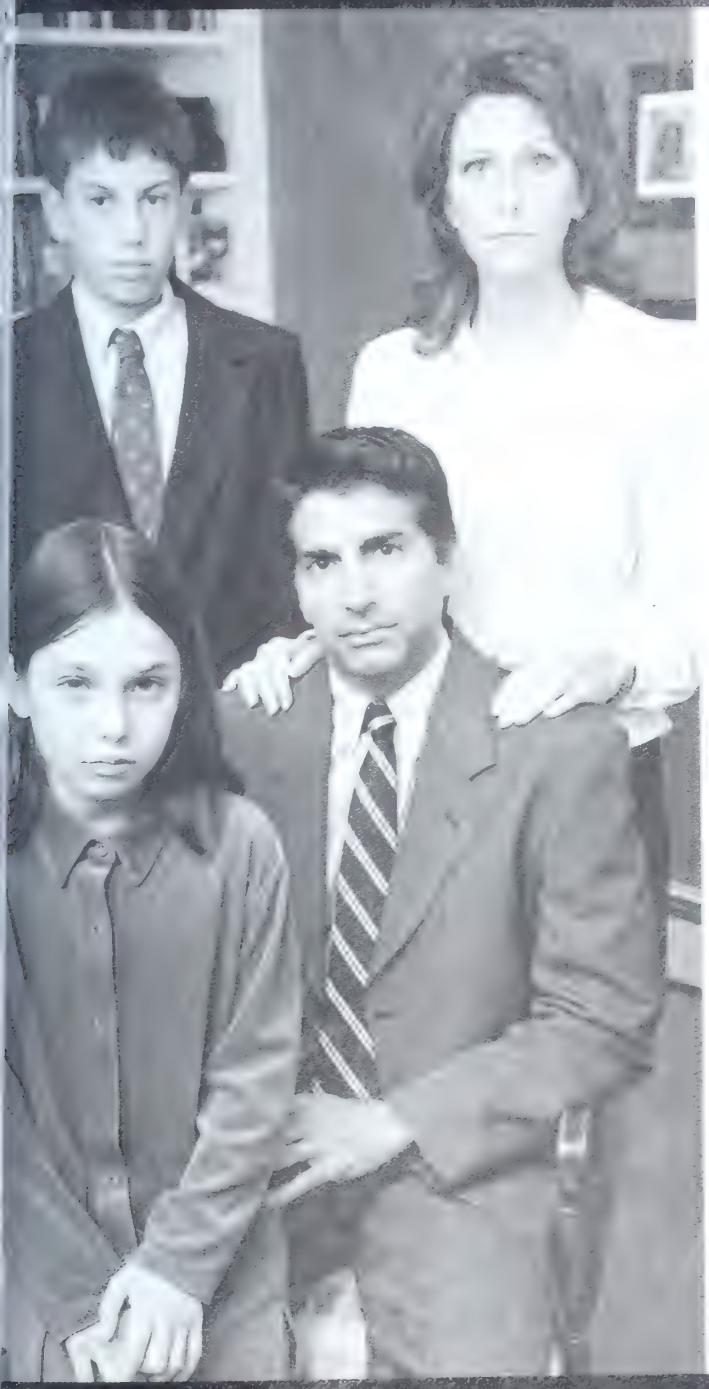
January 13, 1996 Amber Hagerman, 9, is abducted while riding her bicycle in her Arlington, Texas, neighborhood. Four days later she is found murdered. Her killer is [illegible]

July 1997 The National Conference of Commissioners on Uniform State Laws approves state legislation to further curtail parental kidnapping. Today 34 states have passed bills based on the model law.

June 5, 2002 14-year-old Elizabeth Smart is seized by two ex-communicated Mormons from her Salt Lake City bedroom.



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Innocence Interrupted: A Doctor's Analysis

We asked Joyanna Silberg, Ph.D., a clinical psychologist who specializes in children's trauma, to comment on Rose Martelli's experience. Dr. Silberg, the editor of the book *The Dissociative Child: Diagnosis, Treatment and Management*, is also the executive vice president of the Leadership Council on Child Abuse and Interpersonal Violence *(www.leadershipcouncil.org)*, in Philadelphia.

Q: *Rose tells the story of her abduction in such an [illegible] way. What do you think?*

A: Her flat tone suggests that she was dissociating during her abduction and molestation. Dissociation is a term for a specific defense mechanism—a psychological reaction that allows people to endure terrifying and humiliating experiences by distancing themselves from events as if they were happening to someone else, even in retrospect. Although Rose does not recall experiencing this phenomenon herself, many young patients I treat tell me that as they were being raped or abused, they felt as if they were looking down from the ceiling and seeing themselves. Dissociation also can quell the intense fear that victims feel, which helps explain why Rose doesn't recall being terrified even though she says she expected to be dropped off a bridge. I also suspect that, during the hours she describes as "a loop of tape," Rose has blocked out many details of the assault, erasing them from her memory.

Q: *[illegible] Rose [illegible] approach a stranger's car?*

A: Her behavior is utterly typical, even for children who have been told repeatedly not to talk to strangers. Children are accustomed to obeying adults, so when Rose heard a man say "Come here," she obeyed him. Also, to a 7-year-old, warnings about danger are abstract: Rose knew her neighborhood to be nothing but safe and friendly.

Q: *Why wouldn't a child dial 911 or approach a [illegible] for help after she was left in the A&P? Rose even avoided the police who came looking for her.*

A: Again, her behavior is not unusual. Rose had gotten used to following the instructions of her abductor. He told her to wait for her mother. Also, she heard him speak to her mother on the phone and saw him leave the store, so she expected her mother to arrive shortly.

Q: *Rose told the nurse that she had broken the toilet when she noticed blood in her [illegible]. What do you make of that?*

A: That is such a poignant detail. I can't help but wonder if Rose was saying, "I'm afraid I am broken." Adults are squeamish about discussing sex with children, so the nurse's silence is not surprising. Yet in the case of a molested child, openness would have been better. Instead, Rose had to wait until health class to figure it out for herself.

Q: *Is Rose's enjoyment of her "celebrity status" after the abduction normal?*

A: Completely. Kids and grownups alike enjoy retelling "war stories" as a way of being the center of attention. Sometimes, however, this retelling can be a form of "traumatic reenactment," which means the person is stuck in the past and unable to extricate herself from the cycle of telling and retelling. When I work with young children, I use play therapy to get them to retell their stories in a way that gives them control over events. This therapy helps them gain a sense of control and resolution, which seems to have eluded Rose.

Q: *Why does Rose say she worries that she "wasn't worth fighting for"?*

A: This probably stems from her sense that her abduction was "brushed under the rug." But she does express gratitude that her parents were upbeat upon her return;

January 13, 2003 The PROTECT Act, calling on states to coordinate the adoption of AMBER Alert, a national emergency broadcast system to help locate missing children, is introduced into Congress

March 12, 2003 Elizabeth Smart is found and returned to her family. The next morning her father, Ed Smart, publicly calls on Congress to pass the PROTECT Act, "*today*, not tomorrow, not a year from now."

April 30, 2003 After clearing both houses, the PROTECT Act is signed into law by President George W. Bush.

September 2003 AMBER Alert recovers its 100th victim.



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his allowed her to feel calmer than she otherwise might have at the time. Her memory of her parents' reaction—downplaying the situation—contrasts dramatically with the case of Elizabeth Smart. The Smarts made their daughter's plight as public as possible both before and after her safe return home. How that approach will affect Elizabeth down the road is an open question. What we do know is that both the Martellis and the Smarts did what they believed was best under horrific circumstances.

Q: *Rose calls herself a "late bloomer with boys." What effects do these kinds of trau-*

ability to form intimate attachments?

A: Childhood victims of sexual assault often have great difficulty in this area. A victim might see herself as an object of sexual gratification and thus have trouble believing that someone could love her for herself. Also, she may confuse abusive relationships with love and therefore choose inappropriate partners. For other victims, intercourse triggers painful flashbacks, so they avoid sex altogether. With therapy, survivors of sexual assault can move beyond these issues and learn to trust others. *—Sondra Forsyth*

HOW TO KEEP OUR KIDS SAFE

Here are the recommendations of Leigh Baker, Psy.D., author of *Protecting Your Children From Sexual Predators.*

- **Establish an ironclad rule that your child can never go off alone with *any* adult without your permission.** Three-quarters of abductions are committed by someone the child knows.
- **Act out possible scenarios using dolls, puppets and toy cars.** Have a puppet be an adult who says, "Come with me—I've got a surprise." Using a child puppet, have your child say, "I need to call Mommy first." When the adult puppet says, "I asked your mom, and she said it's okay," the child should say, "I need to hear her tell *me* it's okay."
- **Establish a phrase that means "Stop—this might be dangerous."** Have a child say "red light" during preventive play acting whenever she senses something isn't right. If she ever encounters a similar real-life situation, the phrase will pop into her head and override her natural tendency to obey adults.

GET INVOLVED IN MAKING LAWS STRONGER

To help minimize all children's chances of being abducted or abused, lobby your elected representatives at the local, state and national levels to support legislation that would:

1) create a national, easily accessed database of offenders
2) abolish statutes of limitation for child abuse
3) require police departments to provide training and follow established procedures in child-abduction cases.
4) To learn how to launch an AMBER Alert program, which helps locate missing children, in your community, log onto *www.missingkids.com.*

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How the Crime Was Solved

[illegible] on the abduction of daughter, Rose, 7, at [illegible] story, page 146). Because [illegible] was clear and there [illegible] now on the ground, Marcie allowed Rose to walk to school. Rose was to walk five blocks to her friend Jennifer's house, then the girls were to travel the remaining four blocks together. But at 8:20 A.M., the phone rang. It was Jennifer's mother.

"Where's Rose?"

"What do you mean, where's Rose?"

"She hasn't come."

"Maybe you missed her?"

"The crossing guard didn't see her either."

Marcie hung up and called Rose's school, which confirmed that Rose wasn't there. She then called the Maplewood police. Within 15 minutes an officer arrived at her home, and soon after, Marcie called her husband, Frank, a teacher at a different school. He was called out of class and given the news, but somehow he managed to keep teaching until almost the end of the school day, trusting that the police were doing all they could.

The police flew into action. The[y] searched inside the Martelli hom[e] and the surrounding area, inter[-] viewed Rose's teachers, and even[-] called the home of every local child who was absent that day to check [if] Rose was with them. They also pos[t]ed Rose's photo in the school's hall[-]ways, gave copies of the picture to mail carriers, UPS drivers and utility workers, and sent news of her disappearance to local police departments by Teletype, a primitive system (by today's standards) by which typed messages were transmitted via a telegraph line.

"Today, if Rose Martelli were kidnapped, an AMBER Alert would go out immediately," says John Prushinski, one of the detectives on Rose's case, referring to the national





emergency broadcast system adopted last year that relays descriptions of missing children, suspected car descriptions and license plate numbers to local media. "The information would be distributed to every police department, every patrolman, and every patrol car that's out on the road. It would also alert drivers on the New Jersey Turnpike, with signs saying, 'Missing from the Maplewood area, a white, 7-year-old female with braids and red hair, wearing a Catholic school uniform.' Today, we would rely on more citizens to help us."

Researchers have even developed microchips to surgically implant in children, so they can be easily and quickly tracked if they should disappear. But in February 1982, when Rose went missing, no such technologies were available. All Rose's mother, Marcie, could do that day was wait. "There are no words to describe it," she says. "I was panicked—and terrified. I feared we weren't going to get her back. I was doing a lot of talking and a lot of pacing that day." When Marcie finally got the call from the man saying he'd left Rose at the A&P in Elizabeth, she called the Elizabeth Police Department, which sent two officers to the grocery store, where they found little Rose at about 4:30 P.M.

Rose was taken to the hospital where investigators gathered physical evidence. Though no records of Rose's exam remain today, Prushinski says that in the early 1980s, the standard procedure at the hospital where Rose was admitted was to administer a rape kit. Nurses and/or doctors would examine the victim for signs of obvious trauma and check her skin closely for semen. They would take vaginal, anal and oral swabs and the victim's pubic hair (if any) would be combed for foreign hair. The undergarments would also be thoroughly checked, and all of her clothing would be bagged and turned over to the police. The swabs and clothing would then be sent to the New Jersey Police laboratory for testing and analysis.

Forensic technology as we know it today and watch on shows like *CSI* did not yet exist. Sophisticated computers were not available to analyze clothing fibers, hairs or specks of blood as they do now. And it would be years before police departments turned to DNA evidence CONTINUED

for solving crimes.

After [illegible] critical evidence, [illegible] questioned Rose about what h[illegible] and Fran[illegible] hospital, they had to watch their [illegible] a one-way glass before speaking to her—the police [illegible]nt to interrupt the extraordinary flow of information that she was providing.

Twenty-two years after Rose Martelli was abducted, the detectives who worked on her case still marvel at the 7-year-old's memory of that horrific day. "She was probably the easiest and best witness I've ever interviewed," says Prushinski, now a private investigator in Milford, New Jersey. "She was really amazing."

Suspect charged in girl's kidnaping

Maplewood girl safe; lawmen hunt kidnaper

For example, Rose remembered minute details about the walk from the apartment to the bus they took to the A&P: a red star on a playground slide, a factory with an "E" in its name, two department stores, a Kmart and a Bradlees, and the ID number on the bus. The factory turned out to be the Emerson Quiet Kool air-conditioning plant near the apartment. The ID number led police to the bus driver, who recalled seeing her and a man matching Rose's description (middle aged, 5 feet 10 or 11 inches, with a beard) and said the only unusual thing he recalled was that the man paid their fare in all nickels. From this information, investigators deduced that Rose's assault took place in Woodbridge Township.

The next morning, Prushinski, dressed in civilian clothes, was canvassing the area's apartment complexes with three other officers when he noticed a playground that matched Rose's description. Sure enough, the

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slide had a red star. He also saw a suspicious-looking man come out of unit 405–Rose had mentioned a "4" on the apartment building–and quickly turn back inside. "He didn't go for a newspaper. He didn't go for a mailbox. He turned around quickly and went inside, and I said, 'That's our man.'" Prushinski recalls. At 5-feet-10 with long, bushy hair, a full beard and on the heavy side (he weighed 200 pounds), the man matched Rose's description almost perfectly.

Before they could make an arrest, the police needed some proof. Once again, they called on Rose's memory for help. An hour and a half later, she and her father met police officers at a nearby department store, and on foot, retraced her steps to the best of her memory back to where she was assaulted. She made it all the way to the townhouse past the playground, and narrowed down the unit number to 405 or 406.

After further investigation, the police found out that an unemployed, divorced 39-year-old man named Vincent Joseph Toro had been living with his brother, who sublet apartment 405. Police obtained a search warrant for the apartment; when they entered, they found it matched Rose's description accurately down to the casino-style furniture, and collected evidence including fingerprints and bedsheets.

Through neighborhood informants, a tip led police to a bar near the scene of the crime, where after a brief struggle, they arrested Toro. Toro confessed to kidnapping and sexually assaulting Rose, and a month later, in March 1982, he was sentenced to a maximum 30 years in jail. "There's an almost undeniable risk that he will commit another offense," the judge wrote in his decision about Toro, calling his acts "sordid, heinous and depraved." The judge went on to write that both deterrence and incapacitation were required in Toro's case, adding, "the protection of the young is of paramount importance."

Toro never finished his sentence. He died in prison five years later at the age of 44. *–Barry Yeoman with Eve Dunbar*

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Hot Tub Healing

For Gayle Schneider, happiness is time spent in a hot tub with some great tunes and even greater friends

For the past five years, my sister, Gloria, our dear friend Brenda, and three of our mutual friends have all gotten together a couple times a year for relaxing just-us-gals evenings in my backyard hot tub. Over the years we've had lots to celebrate—anniversaries, birthdays, the arrival of grandkids. We've had hard times, too, such as divorce or our children leaving home. Our evening soaks, however, are a wonderful constant. We start by eating a great dinner, then slide into the hot tub with cool glasses of water. (Wine had to be abandoned after we realized how fast the hot water makes alcohol go to your head!) And always, we have music—Dean Martin and Frank Sinatra are at the top of our list. I'm sure my neighbors close their back doors tight on those nights—we spend a good part of the evening singing our favorite songs at the top of our lungs, and not one of us can carry a tune! It is a tradition that I cherish as much as I cherish these women in my life. It was recently suggested that one of these days we invite the men in our lives along, but I'm not sure that's such a great idea. Why mess up a good thing?

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Photos Charming

Think outside the box but within it, too, displaying your favorite family photos. Here, some surprising and stylish ways to show off your loved ones all through the house

There's no better way to give your home personality than covering your walls with favorite family photos. But it's a daunting decorating task. The questions loom: Which photos? In what frames? And how do you arrange them? Here are a few tips to get you on your way.

When choosing photos to frame, look for ones that are bold and graphic—images with lots of little, far-away figures won't read well when hung on a wall. If your selections include pictures that are faded or fraying, have them reprinted from a negative, or copied and restored at a photo shop. Experiment with cropping, or enlarge a photo to get the most striking and intimate image.

When creating an arrangement of frames, especially a mix of different sizes and shapes, take it CONTINUED

Using various shapes of white frames from Larson-Juhl, we created an elegant wall of photos. The key is to leave ample space between each frame and arrange them within the imaginary lines of a rectangle

PHOTOGRAPHS BY PIERRE CHANTEAU

PRODUCED BY KIERAN JUSKA

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When displaying photos on shelves, venture beyond the shelf surfaces. Lean some frames on top shelves, or hang some on the back wall. If you lack the space for full-size bookcases, these leaning shelves from Exposures are a great alternative

slow. Planning it out before you grab the hammer will avoid a smattering of extra nail holes in your walls (and a whole lot of frustration). Start by grouping frames or photos together according to theme or style—a group of all black-and-white photos, for example, or a collection of vintage frames. Then lay them out on the floor and experiment with the arrangement. There's no wrong way to do it; just keep trying different layouts until you find one you like.

When hanging your frames—whether in a random pattern, a row or a grid—have a tape measure and level handy. If the picture looks straight as you're hanging it, it most likely isn't. (It's helpful to have someone with you to stand back and help with placement while you do the actual hanging.)

CONTINUED

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1 Don't limit your frame displays to tabletops and walls—look to other decorative surfaces. For instance, spruce up an otherwise plain bamboo folding screen with a few well-placed photographs. We tapped picture hooks into selected spots on each panel, then hung frames in materials such as wicker and wood to complement the screen's natural look. **2** Memorabilia from special events can be just as striking as photos. These wonderful items are often tucked into albums, where they are seldom seen. Instead, make a 3-D scrapbook using a shadow box like these from The Container Store. It's a perfect way to show off smaller photos and keepsakes that might otherwise get lost. Here, we commemorated a family wedding with a collage of photos and mementos, including a place card and a program from the ceremony. Shadow boxes can be great projects for the whole family: The kids' collection of shells from the beach, for example, will mix well with favorite vacation snapshots. **3** Even limited wall space can provide a great canvas for a graphic arrangement of family photos. This narrow strip of dining room wall seems to call out for a vertical display. We used pale blue frames that provide a vivid contrast to the chocolate-brown walls, making the images pop. These photos gain heft when they're surrounded by wide mats and arranged in a bold geometric pattern.

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- ✔ Reduced opposition and defiance in their relationships with adults with respect to quarreling, acting "smart" and being uncooperative

to your doctor for a proper diagnosis and treatment of ADHD. Only a doctor can decide whether medication is right for you or your child. CONCERTA uld not be taken by patients with significant anxiety, tension or agitation, allergies to methylphenidate or other ingredients of CONCERTA, glaucoma; rette's syndrome, tics or family history of Tourette's syndrome, pheochromocytoma, or concomitant treatment with a monoamine oxidase inhibitor (MAOI). CONCERTA should not taken by children under 6 years of age. Abuse of methylphenidate may lead to dependence. Ask your healthcare professional if your child has had blems with alcohol or drugs. In the clinical studies with patients using CONCERTA, the most common side effects were insomnia, stomach pain, eplessness and decreased appetite. **Please see important product information on adjacent page.**



CONCERTA

INFORMATION FOR PATIENTS TAKING CONCERTA® OR THEIR PARENTS OR CAREGIVERS

CONCERTA®
(methylphenidate HCl)
Extended-release Tablets (C

This information is for patients taking CONCERT release Tablets CII for the treatment of Attention Hyperactivity Disorder, or their parent

Please read this before you Remember, this information does doctor's instructions. If you information or about CONC pharmacist.

What is CONCERTA ?

CONCERTA Hyperactivity Disorder has been used to treat ADHD for more than 30 years CONCERTA

What is Attention Deficit Hyperactivity Disorder?

ADHD has three main types of symptoms: inattention, hyperactivity, and impulsiveness. Symptoms of inattention include not paying attention, making careless mistakes, not listening, not finishing tasks, not following directions, and being easily distracted. Symptoms of hyperactivity and impulsiveness include fidgeting, talking excessively, running around at inappropriate times, and interrupting others. Some patients have more symptoms of hyperactivity and impulsiveness while others have more symptoms of inattentiveness. Some patients have all three types of symptoms.

Many people have symptoms like these from time to time, but patients with ADHD have these symptoms more than others their age. Symptoms must be present for at least 6 months to be certain of the diagnosis.

How does CONCERTA® work?

Part of the CONCERTA® tablet dissolves right after you swallow it in the morning, giving you an initial dose of methylphenidate. The remaining drug is slowly released during the day to continue to help lessen the symptoms of ADHD. Methylphenidate, the active ingredient in CONCERTA®, helps increase attention and decrease impulsiveness and hyperactivity in patients with ADHD.

Who should NOT take CONCERTA®?

You should NOT take CONCERTA® if

- You have significant anxiety, tension, or agitation since CONCERTA® may make these conditions worse
- You are allergic to methylphenidate or any of the other ingredients in CONCERTA®
- You have glaucoma, an eye disease
- You have tics or Tourette's syndrome, or a family history of Tourette's syndrome

Talk to your doctor if you believe any of these conditions apply to you.

How should I take CONCERTA®?

Do not chew, crush, or divide the tablets. Swallow CONCERTA® tablets whole with the help of water or other liquids, such as milk or juice.

Take CONCERTA® once each day in the morning.

You may take CONCERTA® before or after you eat.

Take the dose prescribed by your doctor. Your doctor may adjust the amount of drug you take until it is right for you. From time to time, your doctor may interrupt your treatment to check symptoms while you are not taking the drug.

What are the possible side effects of CONCERTA®?

In the clinical studies with patients using CONCERTA most common side effects were sleeplessness, and decrease with methylphenidate, the active ingredient in CONCERTA® include nausea, vomit reactions, increased blood thinking or hallucinations.

This is not a complete list doctor about other side effec talk to your doctor.

What must I discuss with my doctor before taking CONCERTA®?

Talk to your doctor ***before*** taking CONCERT

- Are being treated for depression or depression such as feelings of sadness, worthless hopelessness

to-control repeating of

have been diagnosed with psychosis

- Have had seizures (convulsions, epilepsy, or abnormal EEGs (electroencephalograms)
- Have high blood pressure
- Have a narrowing or blockage of your gastrointestinal tract

Tell your doctor ***immediately*** if you develop any of the above conditions or symptoms while taking CONCERT

Can I take CONCERTA® with other medicines?

Tell your doctor about ***all*** medicines that you are taking. Your doctor should decide whether you can take CONCERTA® with other medicines. These include:

Other medicines that a doctor has prescribed

Medicines that you buy yourself without a prescription.

Any herbal remedies that you may be taking

You should not take CONCERTA® with monoamine oxidase (MAO) inhibitors

While on CONCERTA®, do not start taking a new medicine or herbal remedy before checking with your doctor.

CONCERTA® may change the way your body reacts to certain medicines. These include medicines used to treat depression, prevent seizures, or prevent blood clots (commonly called "blood thinners"). Your doctor may need to change your dose of these medicines if you are taking them with CONCERTA®.

Other Important Safety Information

Abuse of methylphenidate can lead to dependence.

Tell your doctor if you have ever abused or been dependent on alcohol or drugs, or if you are now abusing or dependent on alcohol or drugs.

Before taking CONCERTA®, tell your doctor if you are pregnant or plan on becoming pregnant. If you take methylphenidate, it may be in your breast milk. Tell your doctor if you are nursing a baby.

Tell your doctor if you have blurred vision when taking CONCERTA®.

Slower growth (weight gain and/or height) has been reported with long-term use of methylphenidate in children. Your doctor will be carefully watching your height and weight. If you are not growing or gaining weight as your doctor expects, your doctor may stop your CONCERTA® treatment. Call your doctor ***immediately*** if you take more than the amount of CONCERTA® prescribed by your doctor.

What else should I know about CONCERTA®?

CONCERTA® has not been studied in children under 6 years of age.

The CONCERTA® tablet does not dissolve completely after all the drug has been released, and you may sometimes notice it in your stool. This is normal.

CONCERTA® may be a part of your overall treatment for ADHD. Your doctor may also recommend that you have counseling or other therapy.

As with all medicines, never share CONCERTA® with anyone else and take only the number of CONCERTA® tablets prescribed by your doctor.

CONCERTA® should be stored in a safe place at room temperature (between 59°-86° F). Do not store this medicine in hot, damp, or humid places.

Keep out of the reach of children.

For more information call 1-888-440-7903 or visit www.concerta.net

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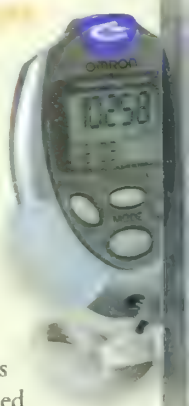
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Digital Pe and Calorie Counter

Start your new exercise prog today with the Omron HJ-1 Digital Pedometer. This lightweight, pocket-sized dev counts steps, measures the di in miles, and calculates calor burned. A tough, spring clip attaches securely to your belt Features an easy-to-read digi display. 1-year warranty. Spec NH1010. The price is $19.9

Pedometer



The new HJ-112 Premium Pedometer from Omron contains two acceleration sensors and is capable of counting steps whether clipped to a belt or carried in a pocke bag. To help you reach your f goals, the device features an a step counter to keep track of much of your daily activity is aerobic. 1-year warranty. Spec NH1011. The price is $49.9

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Express yourself! Whatever you style, you can create your own personal art gallery with framed photos and prints that add a timel design touch to your home.

Group prints together in a casua cluster (*left*); create a sleek, linear l by hanging them in a straight, vert line; or arrange on a tabletop or mantel for focal point displays that are as changeable as the seasons.

While colorful artwork has alway been popular, try black and white for the beauty of a striking contrast between light and shadows. Our tri of framed floral photo prints by Jul Greenwood includes: 'Unity' (*top*), 'Awakened' (*bottom*), and 'Harmony (*far left*). Each print is double matte in taupe and beige, mounted under glass, and framed in a black wood frame. The overall size of each print is 13 × 15 inches. Specify NH1015. The price is $69.95, plus shipping, handling, and sales tax, if applicable.

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Awakened



Harmony

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e 4-inch blooms break into shades
pink and apricot. The perfect
iral form will have floribunda
hibitors clamoring for more
lants. Shiny, clean, deep green
aves have rims of red, and the
prays of flowers seem to sing,
Here comes the sun". The average
eight is three to five feet.
NH12502 Day Breaker **$18.95**
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Plant this robust, upright hybrid tea in your cutting garden to celebrate the sweet memory of a loved one. The enormous, long-stemmed flowers hold loads of frilly petals, orchid pink softened by a gentle wash of lavender; and the rich, damask fragrance engages happy memories. Hot summer weather encourages every one of the lovely petals to gradually unfurl. The average height is five to six feet.
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Sweeten up your garden path or entry walk with its rich, spicy fragrance. The delicious, 4-inch, apricot-yellow blooms put on a splendid show above the upright, well-branched bush. Clean, reddish new foliage opens to a dark, glossy green to provide the perfect backdrop for elegant flowers. This winning floribunda resists rust and powdery mildew with ease while providing large clusters of impressive garden color. The average height is three to four feet.
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Do not lean on door
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Discover extreme recreation & extreme relaxation in our 4 season mecca. [illegible]

17 HOWARD COUNTY
Rolling hills between Baltimore and Washington covered with antiques, historic towns, festivals, golf and more.

18 OCEAN [illegible]

[illegible]

and Washington, DC.

20 ALL MARYLAND [illegible]

[illegible]

COLUMBUS
[illegible] specialty shops and enjoy exciting outdoor recreation!

22 CORINTH
Explore Corinth and discover a historic town you will always remember!

23 MISSISSIPPI
[illegible] Mississippi memory will [illegible] new discoveries every [illegible]

24 RIDGELAND
Over 30 great restaurants. 7 distinguished hotel rooms and excellent shopping—where you can expect the best.

25 STARKVILLE
Sometimes it's the simple things that make life grand. Shopping, dining and culture. Simply Starkville.

26 ALL MISSISSIPPI OFFERS

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30 MONTANA
[illegible]

[illegible]

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[illegible]

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40 ALL TENNESSEE OFFERS

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44 NEWPORT NEWS

[illegible]

COUNTY MANASSAS

STORIC RICHMOND

48 ROANOKE VALLEY

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Travel Guide.

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Fr[illegible] With Flowers

These easy-to-make frames are the perfect way to welcome spring



Enhance even the most beautif[illegible] photos with pressed flowers a[illegible] add a delicate visual accent [illegible] your picture collection, too. St[illegible] with brightly colored sprin[illegible] blooms such as violets, pansi[illegible] and lavender. Scatter the flowe[illegible] around a favorite family pho[illegible] in one of these easy-to-assemb[illegible] pressed-flower frames, and yo[illegible] can admire the first blooms [illegible] spring all year long.

[illegible]

[illegible] Ready-made clip frame (for custom sizes, have two pieces of Plexiglas cut at a framing store, and buy binder clips at an office supply store); dried, pressed flowers and/or leaves; colored art paper; craft glue. [illegible] Collect colored blooms suitable for pressing. Choose flowers that are open and dry, as moisture can cause mold. Put the bloom[illegible] leaves between two pieces of waxed paper and place in the middle pages of a heavy book. Keep them there, lying flat and in a warm, dry spot, for seven to 10 days. (Alternatively, you can buy already-pressed flowers, available at most craft stores.) Step 2: Choose a photo and a clip frame with enough room for the picture and decorations. Using a dab of craft glue on the back corners, secure the photo to one of the pieces of glass. If you'd like, you can mount the photo first on acid-free art paper, available at craft stores. Step 3: The dried flowers will be delicate, so handle with care. Place flowers on the glass with the glued photograph. Add a drop of craft glue—use it sparingly—to the back of each bloom and gently press down. Wait a minute or two until the glue has fully dried, then carefully place the second sheet of glass on top, lining up the edges. Fasten all four sides together with clips.

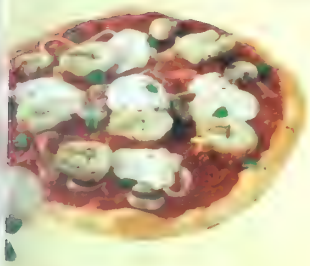
Looking for more craft-y ideas? Visit www.lhj.com/crafts



My pasta sauces have so many uses, they're starting to get an identity crisis.

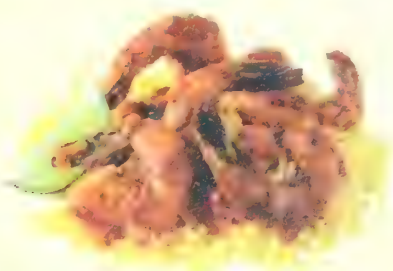


Paul Newman



Well, no wonder. I mean, how would you feel if you started out in life as a rich, all-natural pasta sauce only to discover later that you were also a natural-born marinara sauce for chicken? Or a sassy Creole gumbo for rice and seafood? In fact, my sauces have so many identities, it's enough to make your head spin. They give almost any meal more personality. Or should I say, multiple personalities?





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Paul Newman donates all his profits to charity.







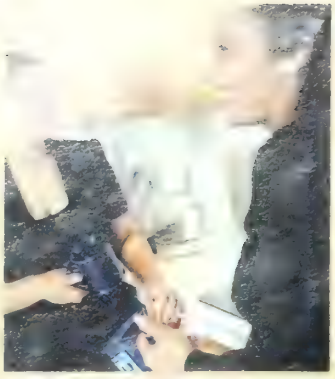




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"I Don't Have the White Picket Fence—Yet"









Clockwise from lower right: Diaz (left) with Moore, Cindy and Kenneth; the kids with baby Laniyah; in the kitchen; the dream house on Cedar Street

Maria Diaz bravely battled cancer while struggling to raise two children by herself. Then Habitat gave them the home of their dreams BY ANNE CASSIDY

Late at night, when she couldn't fall asleep in the crowded two-bedroom apartment she shared with her baby and three friends in New Haven, Connecticut, Maria Diaz would sketch her dream house. It was small, only one story, with a big lawn and a white picket fence. "I hoped and prayed that one day I could actually own one," Diaz says. "And I don't mean just the [illegible] of a family one."

[illegible] were left [illegible] when Diaz, then [illegible], moved to New Haven in order to be near her family. Two years before that, the plucky teenager had sold everything she owned to move from New Haven to Brooklyn, New York, where she had been born and where she thought she could get a job—and more of a life. At first she lived with her older brother, but when he moved, Diaz stayed behind, scraping by on low-wage jobs such as cashier and sales clerk. Then she gave birth to daughter Cindy in 1984, but soon ended her relationship with Cindy's father. Despite the burdens of single motherhood, Diaz continued to work and even managed to graduate high school that same year. But she wanted more for her child, and soon [illegible] turned to New Haven, settling into the cramped attic of that cramped two-bedroom apartment. After completing coursework to become a certified nurse's assistant, she felt she was finally on track.

Then, at 22, she found a lump in her breast. After the biopsy revealed cancer, Diaz endured months of radiation and chemotherapy, and the lump shrank. But new challenges awaited her: She had a son, Kenneth, in 1989, but the relationship with his father quickly faltered. Soon after, Kenneth began to have difficulties walking and talking. While watching TV in the doctor's waiting room during his 18-month checkup, Diaz saw a public service announcement about lead poisoning. "I'd never heard of it," Diaz says, but asked that Kenneth be tested anyway. It turned out that the level of lead in his blood was so high that he was whisked straight to the hospital. When doctors told her that Kenneth would CONTINUED

BREATHE



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Introducing new Caramel Apple Newtons.® The delicious zing of apple, the rich taste of caramel. Everything you could want in a dessert. In a Newton.

uffer chronic asthma and learning lisabilities from ingesting the peel ng paint in their attic apartment. Diaz was devastated. Then, after Kenneth had undergone several nonths of physical therapy, Diaz :ame down with a sore throat. "Every time I tried to speak or swallow, it felt as if the air was being cut off," she recalls. The cancer, she would learn, had returned, this time in her throat.

Once again, she endured months of radiation and chemotherapy. Now she had two young children—and a new boyfriend, James Moore, 46, a musician—to live for. She lost most of her long, dark hair, could barely eat and was constantly tired. Somehow, she found the strength to keep up her routine of caring for her children, taking Kenneth to the doctor, and teaching a computer skills class affiliated with a welfare-to-work program, where she had done so well as a student that she was asked to become an instructor. In 1994, she, Cindy and Kenneth moved into a two-bedroom apartment, but there was drug traffic in the neighborhood, and the faulty heating—it rarely reached 65 degrees—aggravated Kenny's asthma. "There were days I was ashamed to go out, but coping with cancer made me strong," she says. Finally, the tumor began to shrink.

And Diaz kept looking ahead. In 1996, she earned a degree in business administration from Gateway Community College by attending night classes, and got a job in the front office of a construction company. When a friend from work told her about Habitat for Humanity in the fall of 2002, Diaz applied, attended an orientation meeting and was interviewed by the local affiliate. After becoming a partner that December, she threw herself into the required 100 [illegible] fun really began. "I complai[illegible] much about [illegible] tools," she recalls, "that they finally said, 'Here, go ahead.' [illegible] $400 down payment on the house, which was finished just before Christmas 2003.

Diaz's struggles have not ended. Kenneth, 14, who now attends a special school for his learning disabilities, requires a lot of counseling and speech therapy. Diaz still supports Cindy, now 19, who has a 14-month-old daughter, Laniyah. And her parents are having health and employment problems of their own. "There's no time for fun," says Diaz, who works full time as a scheduler for the Family Care Visiting Nurse Agency and continues to volunteer for Habitat. She also sees Moore frequently; in fact, the couple recently became engaged.

"Maria doesn't talk about her problems," says Sue Sigler-Popkin, executive director of the Greater New Haven affiliate. "Her attitude is, 'Enjoy what you have.'" What Diaz is most thankful for is her health—she's been in remission for years—and her home on Cedar Street, where she's already planning to convert the attic into a playroom. She's come a long way from the days when she used to sketch her dream house on a [illegible] This one she's gutted, framed, walled, and painted; she's filled it with family and friends. "I don't have the white picket fence yet," Diaz says with a laugh. "But give me time." [illegible]

www.lhj.com/habitat

Savor all Three.







Looks like a Newton.
Tastes like dessert.

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"I had my hip replaced to get back to life, not just for golf."



Jack Nicklaus



A few years ago, I finally decided to get a hip replacement I didn't do it to get back my swing.

I did it to get back to participating in the fun of a big active family. I was tired of being a bystander.

After discussing my goals with my doctor, he recommended a new kind of ceramic-on-ceramic and titanium hip developed by Stryker. It's part of a new generation of joint replacement options designed for people who want to stay active.

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health journal

Hypnotize Your Pain Away



Using hypnosis during childbirth may not be as silly as it sounds. Recent research shows this mind-over-matter technique may quell pain, whether chronic or acute. "When people in a hypnotic state are given suggestions targeting particular outcomes, the body seems to respond," says Carol Ginandes, Ph.D., a clinical instructor at Harvard Medical School, in Boston. A recent review of medical studies found that women in labor who received hypnosis experienced less pain than women who did not. Other studies have shown hypnosis also speeds healing of wounds and broken bones. In spite of these encouraging results, you may not want to ditch the epidural altogether. Most doctors suggest using hypnosis in addition to, not instead of, traditional medical techniques. To find a reputable hypnotherapist, visit the American Society of Clinical Hypnosis at *www.asch.net*.

—Caroline Stanley



Can Exercise Make You Smarter?

Here's an inspiring new benefit of working out: Exercise may boost brain power. Researchers at Arizona State University, in Tempe, Arizona, found that a group of college students who exercised 45 minutes, three times a week for six months scored significantly higher on a multiple-choice logic quiz than did their couch potato counterparts. Researchers believe exercise works its mental wonders by pumping oxygen-rich blood to areas that control learning and memory, and by stimulating the growth of blood vessels in the brain. "The closer a cell is to a source of blood, the healthier it's going to be," says Marc Lochbaum, Ph.D., lead author of the Arizona State study. "Although exercise won't make you Einstein, it provides enormous benefits for your brain."

—Maureen Kennedy

Help for Thinning Hair

It is best known as male-pattern baldness, but men aren't the only victims of thinning hair—so are an estimated 30 million women in the U.S. Female hair loss that is caused by stress or diet may correct itself within six months. Hair loss brought on by perimenopause, thyroid or adrenal-gland abnormalities may be permanent. Minoxidil is the only FDA-approved remedy, but hair replacement surgery for women is becoming more common. Though effective, the procedure can cost as much as $8,000, and it is not covered by insurance.

—C.S.

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GET YOUR ORANGE AID

might give
eir money. Rich in
tochemicals,
may help prevent many
illnesses, such as heart disease
cancers.

Adding an orange a day to your five fruit and veggie servings may cut the risk of stomach, larynx and mouth cancers, according to research in Australia. Eating the fruit cut the risk of those cancers up to 50 percent. Researchers say the benefit comes from the fruit's more than 170 phytochemicals and 60 flavonoids, which have anti-inflammatory, anti-tumor and blood clot–inhibiting properties.

Skin Saver: A compound found in oranges and other citrus fruits may prevent sun-related damage when applied directly to the skin before sun exposure, say researchers at the Arizona Cancer Center, in Tucson. The reason? This compound, perillyl alcohol, may stop cancerous lesions from growing by removing cancer-causing chemicals from the skin. Eating oranges, pomegranates and grapes or drinking fruit juices may provide some protection, but not nearly as much as applying the fruit directly to the skin. Because wearing fruit juice isn't truly an option, experts hope to develop sunscreen products that include these extracts within five years.

Heart Helper: Drinking two eight-ounce glasses of orange juice a day can reduce systolic blood pressure by an average of 7 percent and diastolic blood pressure by about 4.6 percent, according to a study at the Cleveland Clinic, a nonprofit medical practice in Ohio with an emphasis on education and research. Nutrients such as potassium, found naturally in orange juice, are known to reduce blood pressure. Diabetics and dieters beware: Every glass comes with a hefty dose of sugar. —*Megan* [illegible]

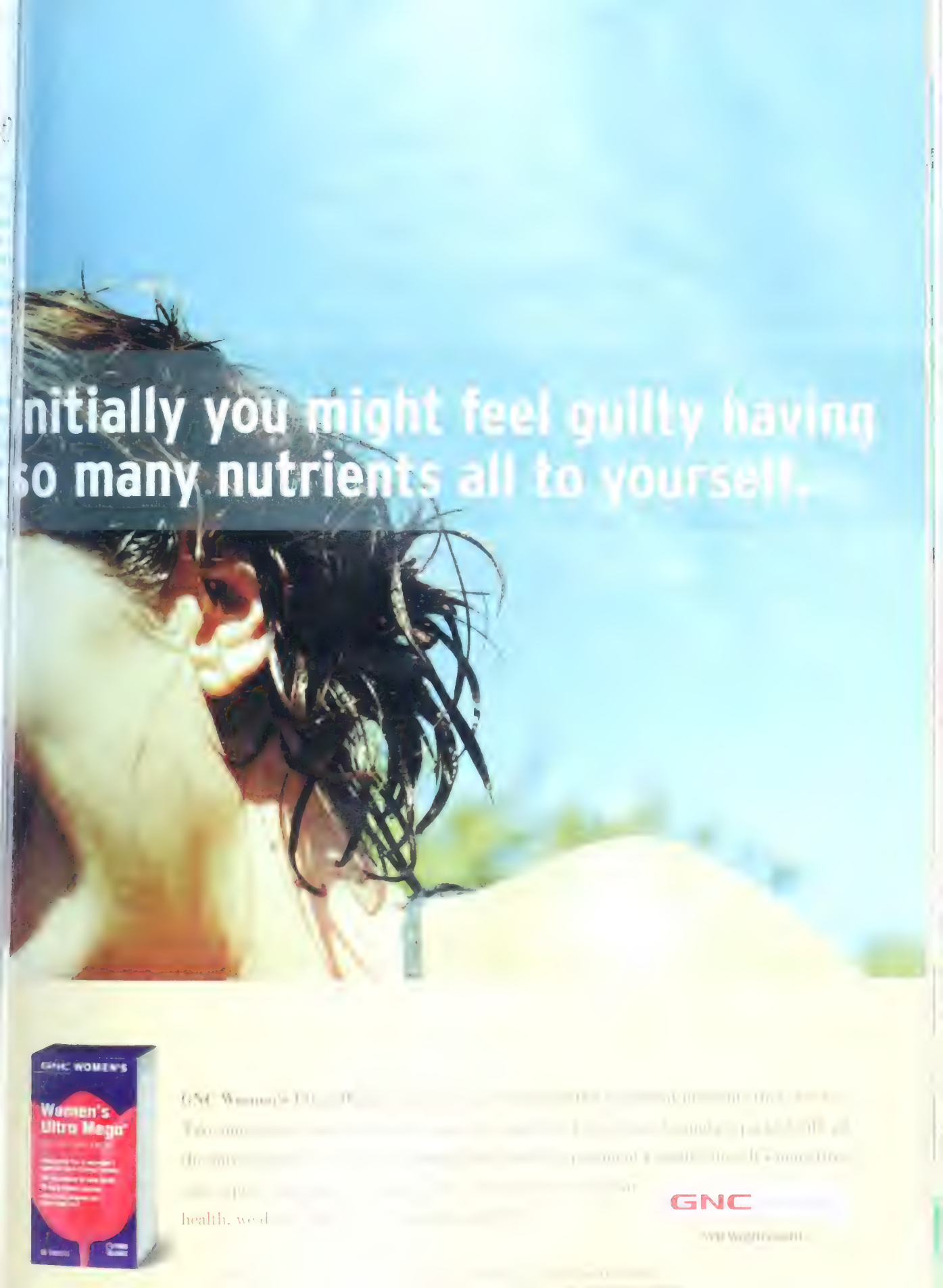


A Kinder Cancer Test?

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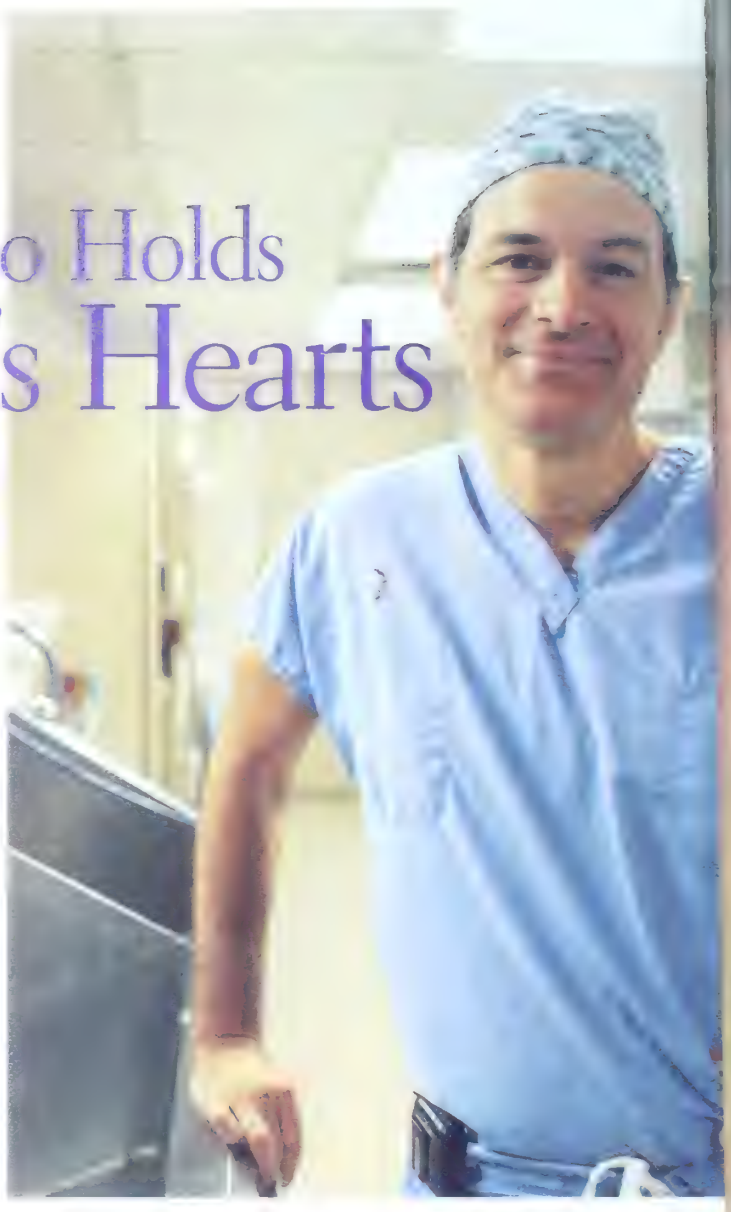
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so many nutrients all to yourself.
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THE HEALTHY HEART, PART TWO

The Man Who Holds Women's Hearts in His Hands

Coronary artery disease kills as many women as men, yet only half as many are receiving aggressive treatments that save lives. In part two of our series, renowned heart surgeon Dr. Mehmet Oz explains the newest surgical breakthroughs



BY JULIE BAIN

PHOTOGRAPHS BY EBBY WILSON

[illegible] never thought she'd need coronary artery bypass surgery. She had always eaten a healthy diet, never smoked and had been an athlete all her life. She ran a ski shop in Goshen, New York, for 23 years and had skied all over the world. "I ran 10k races, I played golf, I played tennis, I swam with dolphins," she says. Despite a family history of heart disease—a problem she assumed was more of a concern to the men in her family—and a little mild chest pressure from time to time that she attributed to stress, Goodreds, 61, never suspected that she [illegible] waiting to happen.

Then, several years ago, she learned that her cholesterol was high. But when it didn't respond to several different statin drugs despite her healthy lifestyle, she grew worried. Thanks to information she'd gained from working with the American Heart Association, she went to her doctor and demanded a C-reactive protein test and a heart scan. Her scan showed that she had plaque clogging her coronary arteries, so in January 2003 she underwent cardiac catheterization, in which a scope was inserted into her heart to take a look. The result? Despite having almost no symptoms at all, Goodreds had two coronary arteries that were 90 percent blocked. One of them was the left anterior descending (LAD), the major artery of the heart often called the "widow maker" in a lingering bit of gender-biased terminology. It likely would have caused her to die if it had closed up completely. Because of the CONTINUED

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nute Maid Premium Heart Wise contains 1.0 gram of plan[illegible]

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location [illegible] giopla[illegible] to the nar[illegible] and inflates a [illegible] to keep [illegible] needed [illegible] ry, also known as coro[illegible] artery bypass graft (CABG and, yes, pronounced like the vegetable).

Goodreds was scared, and she didn't want just any heart surgeon to operate on her. Since she now worked as a health-care marketer, she was a believer in researching doctors and treatments. She sought out Mehmet Oz, M.D., for his renown as director of the Cardiovascular Institute at Columbia University-New York Presbyterian Hospital, in New York City, and his state-of-the-art skills. But she was also intrigued by the 43-year-old's reputation for addressing the mind-body connection in healing, especially in women, as founder and medical director of the Integrative Medicine Program at Columbia Presbyterian Medical Center, one of the top medical research institutions in the world. (See "How to Have a Heart-Healthy Attitude," page 188.)

Dr. Oz often speaks at medical conferences about how different women's hearts are from men's. [illegible]dreds, even with a major block[illegible] [illegible] detectable on a scan, [illegible] to lack of major symptoms. And [illegible] detectable plaque at all but may close up from spasm or a temporary constriction, sometimes even to the point of triggering a heart attack. Although it's not known what causes these spasms, which happen more often in women than men, many doctors believe that fluctuations in estrogen levels contribute, and stress may play a role, too. And it also makes women's heart disease more problematic to treat. "If a man has a blockage," Dr. Oz says, "you can ream it out with angioplasty or put a bypass over it, and it's easy. But in the woman, the problem is more diffuse. How do you bypass a spasm? Technically, it's more difficult."

Our hormones and the way we react to stress may make women's heart disease tougher to treat

This difference between men's and women's heart disease may partly explain why women are still underdiagnosed and undertreated, even though about the same number of women die each year of coronary artery disease (CAD) as men. In 2001, for example, 689,000 men had removal of a coronary artery obstruction with angioplasty or insertion of a stent, according to the Centers for Disease Control and Prevention, while only 363,000 women did. Similarly, 365,000 men had CABG, while only 151,000 women did. "The question of whether there is bias against women in heart treatment has been around for some time, and in fact our data do show a bias against giving women more aggressive therapy," says Sujoya Dey, M.D., a cardiologist at the University of Michigan Cardiovascular Center. A recent study, presented at the Amer[illegible]can Heart Association conference [illegible] November, showed that women w[illegible] suffer chest pain or a heart attack h[illegible] milder and more diffuse blockages [illegible] their major arteries than men. "B[illegible] our findings also suggest that a sm[illegible] part of the difference in treatment m[illegible] be understandable, because women[illegible] CAD appears to be different, son[illegible] times occurring in vessels too small t[illegible] angiography, angioplasty or bypass."

"Despite these findings, the maj[illegible] percentage of bias against wom[illegible] and the lack of aggressive treatme[illegible] when they have heart disease still r[illegible] mains to be explained," says Ma[illegible] anne Legato, M.D., professor [illegible] clinical medicine at Columbia Un[illegible] versity College of Physicians & Su[illegible] geons and the founder and director [illegible] the Partnership for Gender-Specif[illegible] Medicine at Columbia University, i[illegible] New York City. "And it's not becaus[illegible] women refuse care or treatmen[illegible] That only accounts for 3 to 6 percen[illegible] of the difference."

Women who do undergo heart sur[illegible] gery don't do as well afterward, eithe[illegible] says Viola Vaccarino, M.D., a cardio[illegible] vascular epidemiologist at Emor[illegible] University, in Atlanta. Women, partic[illegible] ularly younger women, have as much[illegible] as three times the risk of dying durin[illegible] or shortly after CABG than men do[illegible] she reported in a 2002 study in *Circu[illegible] lation: Journal of the American Heart Asso[illegible] ciation*. And women have a more difficult recovery than men afte[illegible] CABG, too, including more symp[illegible] toms of anxiety and depression and a higher rate of infections and readmit[illegible] tance to the hospital for heart failure, according to her 2003 study published in the *Journal of the American College o[illegible] Cardiology*. Dr. Oz says women often have more advanced conditions by the time they're referred to CONTINUED

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If you're off your feet due to illness, surgery or injury, there's a hidden risk: developing a blood clot deep inside your legs. The condition is called Deep Vein Thrombosis or DVT, and it can be fatal if the blood clot breaks loose and travels to the lungs. Complications from)VT kill up to 200,000 people a year — more than AIDS and breast cancer combined. The good news is, in most ases, DVT can be prevented. If you think you or a loved one may be at risk for DVT, talk to your doctor.

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Women often have more advanced coronary artery disease by the time they're referred to a surgeon, says Dr. Mehmet Oz (center)

To create a bypass, the surgeon removes a vein from the leg or an artery from the chest and attaches one end to the aorta, the huge artery at the top of the heart that carries blood to the rest of the body. The other end is attached to the coronary artery below the point where it's clogged, thus rerouting the blood flow so it bypasses the narrowed or blocked area. The number you sometimes hear with this surgery, as in "double bypass" or "quadruple bypass," refers to the number of arteries that get a rescue graft. This surgery has traditionally been done with the heart shut down while a heart-lung machine takes over the blood-circulating duties.

Surgeons have long noted that some patients become confused, forgetful and even have short-term personality changes (sometimes referred to by surgeons as "pumphead") after undergoing CABG while on the heart-lung machine. It has been estimated, Dr. Oz says, that as many as 20 percent of patients have some short-term cognitive defects, about 6

because the microscopic debris and irregular blood flow from

seemed logical, therefore, that keeping the heart beating during surgery would eliminate the problem.

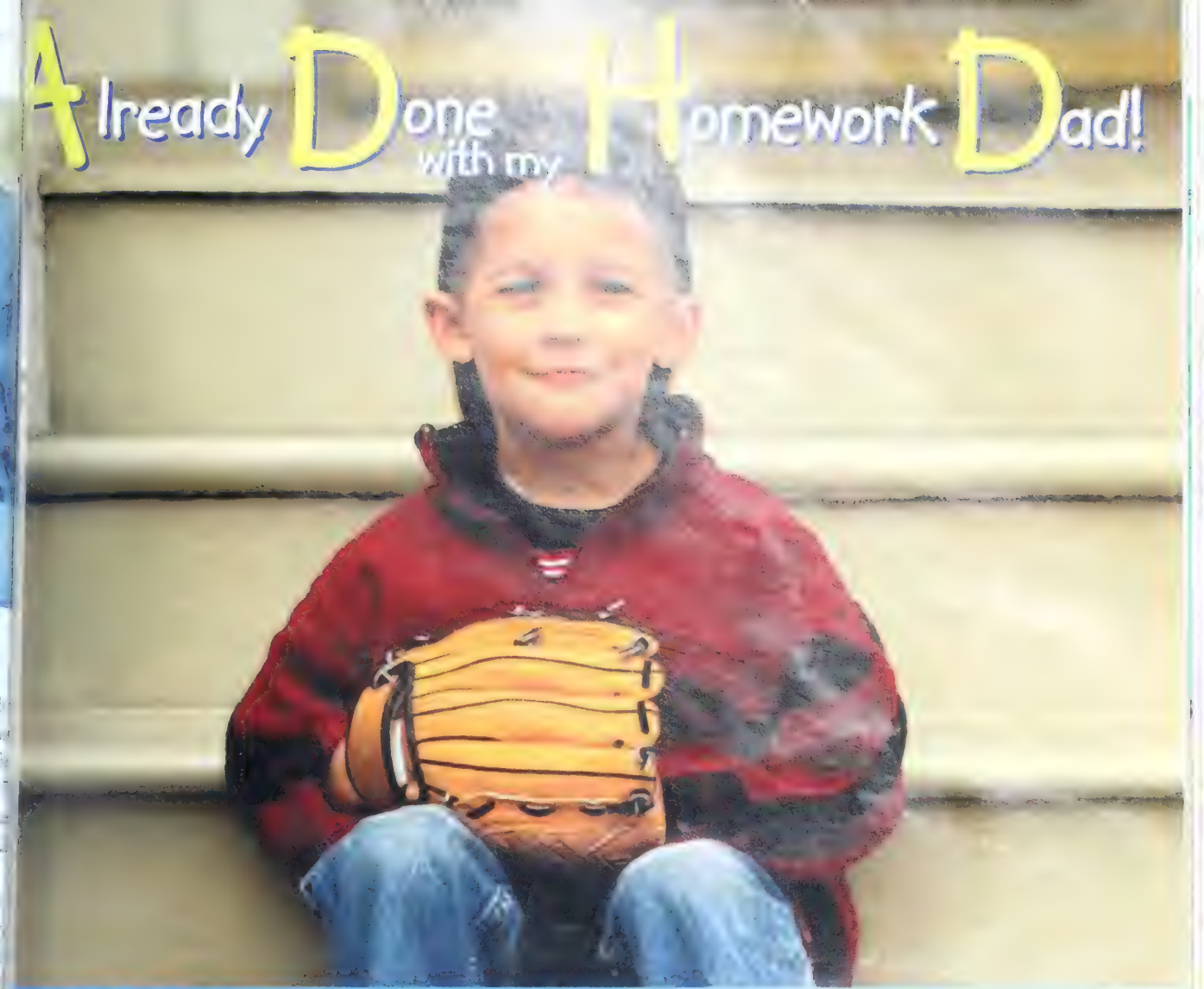
So a few years ago, an exciting new way of doing the surgery "off pump" was developed, in which the surgeon does the operation while the heart is beating, with no need for the heart-lung machine. Last year about 23 percent of all bypass surgeries were done off pump, according to the Society of Thoracic Surgeons' national cardiac database. (Goodreds had this surgery.) Dr. Oz says that, understandably, it's a little more difficult to operate on a slippery, beating heart than a still one. But once learned, it's a quick and efficient procedure that is less traumatic to patients' bodies. Patients bleed less, says Dr. Oz, and they have less risk of heart attack during surgery.

Still, off-pump surgery has not yet been proven in studies to provide a major benefit in the incidence of short-term cognitive problems. "I think that in some categories it *is* better, in older patients with hardened arteries, for example, and in people who have had prior strokes," says Dr. Oz, who is now performing off-pump surgery in about one-third of his b pass cases. For now, both techniqu are viable, but questions remain. T answers may become clearer in 200 when a large ongoing study by t Department of Veterans Affairs w be finished.

Until then, says Eric Peterso M.D., associate professor of cardiolog at Duke University School of Med cine, in Durham, North Carolina, " you're going to have off-pump surger go to someone experienced. There is learning curve for surgeons—it's a tec nical challenge. But once they're goo at off-pump surgery, the outcomes ca be excellent as well."

Goodreds sailed through her of pump, double-bypass surgery i March 2003. "I did not have any n ticeable memory loss or confusion a terward," says Goodreds. "But then, didn't expect to!"

Just a decade ago, a surgeon perform ing heart surgery had to make a larg vertical incision down the entir length of the patient's breastbone then break the sternum in half an push it out of CONTINUED ON PAGE 18



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other

n Tics

information for Patients

Drug Interactions

absorption of amphetamines. Co-administration of ADDERALL XR and gastrointestinal a

In cases of propoxyphene

Drug Laboratory Test Interactions

Carcinogenesis Mutagenesis and Impairment of Fertility

Pregnancy

respectively
dose of 30 mg
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Nonteratogenic
Effects

Usage in Nursing Mothers

Use in Children
Years of Age

Safety Use

ADVERSE EVENTS The premarketing development program for ADDERALL XR included

Adverse events associated with discontinuation of treatment

	2.9
Insomnia	
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Depression	

Adverse events occurring in a controlled tria

Table 1 Adverse Events Reported by More Than 1% of Patients Receiving ADDERALL XR with Higher Incidence Than on Placebo in a 584 Patient Clinical Study

Body System	Preferred Term	ADDERALL XR (N=374)	Placebo (N=10
General			
	Accidental injury		
	Viral infection		
Digestive System	Loss of Appetite		
	Diarrhea		
Nervous System			
Metabolic Nutritional			

DRUG AB

DEPENDENCE

OVERDOSAGE

Shire



Anti-Aging Breakthrough

Better than Botox?

"Who would have thought a stretch mark remover would turn out to be the anti-wrinkle breakthrough of the decade!"

n a remarkable turn of events, arguably one of the strangest in the history of cosmetics,

nen across the country are putting a stretch-mark ucing emulsion called StriVectin-SD on their face to get of fine lines, wrinkles and crows' feet. And, if consumer s are any indication of a product's effectiveness, Vectin-SD is nothing short of a miracle. Women (as well a growing number of "Boomer" men) are buying so ch StriVectin-SD that finding a tube at your local metic counter has become just about impossible. Has ryone gone mad? Well... not really.

ientific Breakthrough or Dumb Luck?

Although StriVectin-SD was already backed by clinical ls documenting its ability to visibly reduce the depth, gth, discoloration and roughness of existing stretch rks, the success of StriVectin-SD as an anti-wrinkle am was "dumb luck," says Gina Gay, spokesperson for in-Becker', StriVectin-SD's exclusive distributor.

"When we first handed out samples of the StriVectin mula to employees and customers as part of our market earch, the sample tubes were simply marked 'topical am' with the lot number underneath," Ms. Gay explains s the samples were passed to friends and family, the ssage became a little muddled and some people used s 'topical cream' as a facial moisturizer. As we began to ceive feedback from users, like 'I look 10 years younger' d 'my crows' feet are gone,' we knew we had something ore than America's most effective stretch-mark reduce e point was driven home as store owners began porting that almost as many people were purchasing riVectin as an anti-wrinkle cream as were buying it to duce stretch marks."

Dr. Daniel B. Mowrey, Klein-Becker's Director of ientific Affairs, says, "Clearly, people were seeing results. ut we didn't have a scientific explanation as to why is wrinkle-reduction was occurring. However, based n the incredibly positive reports, I started using it yself — applying StriVectin to my face after shaving." r. Mowrey adds, "On a personal note, my wife tells me haven't looked this good in years."

uds References

Dumb Luck Strikes Again!

Then, on Tuesday, July 2, 2002, at a meeting at the 20th World Congress of Dermatology in Paris, France, a series of studies detailing the [illegible] properties of a patented oligo-peptide (called Pal-KTTKS) versus retinol, vitamin C, and placebo, on "photo-aged skin" was presented. "As luck would have it," Dr. Mowrey states, "the wrinkle-reducing oligo-peptide tested in the breakthrough clinical trials turned out to be the exclusive ingredient in the StriVectin cream."

In the trials, subjects applied the patented peptide solution to the crows' feet area on one side of the face, and a cream containing either retinol, vitamin C, or a placebo to the other side.

Subjects in the Pal-KTTKS/retinol study applied the cream once a day for 2 months and then twice a day for the next 2 months. Using special image analysis, the study's authors reported "significant improvement" in wrinkle depth, length, wrinkle volume, and skin roughness for those women using the peptide solution.

Better yet, at the 2-month halfway point, the peptide solution thickened skin nearly 1.5 times faster than retinol, and without the inflammation retinol often causes in sensitive skin. As was expected, the results of the remaining studies confirmed that the Pal-KTTKS solution's effectiveness at reducing the appearance of fine lines and wrinkles far exceeded both vitamin C and placebo.

A smoother, younger complexion, less irritation, fewer wrinkles, and faster results — all without expensive (and painful) peels, implants or injections.

Better than Retinol and Vitamin C, But Is StriVectin-SD Better than Botox®?

Dr. Nathalie Chevreau, Director of Women's Health at [illegible] for Klein-Becker, explains, "Many researchers believe less invasive cosmetic alternatives are better than Botox [sometimes referred to as Botox Cosmetic]! That's because 'cosmeceutical' creams and gels offer gradual, continual results, while the effects of injections, facial peels, and dermabrasions wear off... in fact, you'll never look better than you do shortly after the inflammation and redness [illegible]

"Furthermore," Dr. Chevreau continues, "Botox has [illegible] eyebrows — and can cause side effects such as 'headache, temporary eyelid droop, and nausea.' The active ingredient [illegible] significantly reduce the appearance of that category of fine [illegible] wrinkles (including crows' feet) that can add 10-15 years to your appearance... the type of fine lines [illegible]

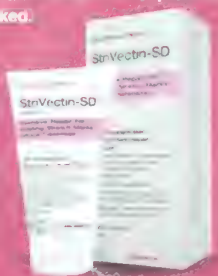
In words, StriVectin-SD helps give you a youthful, [illegible] needles

[illegible] smoother [illegible] don't think they've gone off [illegible] may be smarter than you think.

Having a hard time finding StriVectin-SD®?

If you've been searching for StriVectin-SD, you already know it's become almost impossible to find. Don't bother with Neiman Marcus, they don't have it; Nordstrom is generally out of stock; Saks 5th Avenue might be able to order it for you... Your best bets are SEPHORA shops, PARISIAN or Lord & Taylor (they always try to keep it in stock) or, believe it or not, the pregnancy section of your local GNC or high-end supplement retailer. To be absolutely sure, you can order StriVectin-SD directly from Klein-Becker at: **1-800-379-2600** or order online at **www.StriVectin.com.**

Since StriVectin-SD was designed as a stretch-mark reducing formula, it comes in a large, 6-ounce tube. At $135.00, StriVectin-SD is not cheap... but when used as a wrinkle-remover, one tube will last approximately six months. By the way, StriVectin-SD is backed by Klein-Becker's money-back guarantee. If StriVectin-SD doesn't make your skin look younger, healthier, and more vibrant, simply return the unused portion within 30 days for a full refund... no questions asked.



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How to Have a Heart-Healthy Attitude

Dr. Oz's expertise extends beyond the scalpel; he's also studied what helps hearts heal. As medical director of the Medicine Program at Columbia Presbyterian Medical Center, in New York City, he has published research on subjects such as how using guided-imagery audiotapes positively affects the quality of life for patients with heart failure who are waiting for transplants. "Having heart or any medical procedure for that matter, can motivate you to change your life," says Dr. Oz. Here's advice, whether you're recovering from surgery or trying to prevent heart disease before it starts.

Take time for yourself.

"Women often don't take of themselves," says Dr. Oz. "They put other priorities first, such as taking care of their families. Then, when their health suffers because of that, their stress level may increase and their self-esteem may decrease." In a 2002 study, Lori Mosca, M.D., director of preventive cardiology at New York Presbyterian Hospital, found that women rated poor self-esteem as the No. 1 barrier to making heart-healthy lifestyle changes, and stress as the second barrier. The study concluded that in order to reduce the risk of heart disease in women, the health-care industry must target those two points when counseling patients. "It's a vicious circle," says Dr. Oz. "It's imperative that women do what's necessary to take care of their health first."

Relax.

Studies show that stress has been linked to the spasms that can lead to heart attack, says Dr. Oz. "And though studies show that women and men experience the same stress levels at work, when men go home, their stress levels drop, but women's *increase*. So women need to learn to cope with it. Whatever helps you relax, whether it's meditation, yoga, massage, listening to soothing music—make time to do it." Taking time to counter stress is particularly important in patients being treated for heart disease. Research is continuing on women using yoga and guided-imagery audiotapes to reduce complications and prevent death after open-heart surgery; another trial is showing an interesting trend toward fewer deaths and complications in heart patients who use prayer and meditation.

Eat right.

Wean yourself off high-glycemic "white foods" such as bread, rice, pasta and sugar, says Dr. Oz, which can lead to diabetes, a particularly severe heart disease risk factor for women. The second taboo is fried foods, because studies show that oils oxidize into damaging free radicals at the high temperatures used for frying. Eat lots of colorful vegetables and fruits for their free radical–fighting antioxidants. "Healthy omega-3 fats found in oily fish or as a two-gram supplement are great for the heart," he says. "And drink lots of water to keep your system flushed, which may also reduce heart attacks." Women who drink five glasses of water a day are 41 percent less likely to die from a heart attack than those who drink two or fewer glasses, according to a study published in 2002 in the *American Journal of Epidemiology*.

Have sex.

You already know that exercise reduces your risk of heart disease. The good news: Dr. Oz says sexual activity counts. "People are less likely to have a heart attack if they have an active sex life with their spouse." (If you're married and having sex with someone *other* than your spouse, though, that's stressful and thus might increase your risk, he warns.) Risk of death from coronary artery disease is about 50 percent lower among people with high orgasmic frequency (twice a week or more) than in people with low orgasmic frequency (less than monthly), concludes a study published in the *British Medical Journal* in 1997. "People who have more than 100 orgasms each year live longer," says Dr. Oz, "so having sex two times weekly is the magic number."

the way to get to the heart. Now there are several less invasive ways to access the heart, and Dr. Oz helped pioneer these techniques at Columbia (in fact, he wrote the award-winning textbook *Minimally Invasive Cardiac Surgery*, in 1999). For example, surgery on heart valves, holes in the heart and even some CABGs can be performed by making a relatively small, three-inch incision under the breast and pushing the ribs out of the way to get at the heart without breaking any bones. These mini incisions allow for quicker recovery and, especially in women, a scar that can be completely hidden under the breast. They also cause less chronic pain than having the chest bone broken, which can ache for months or even years afterward. With no big muscles or bones cut in this procedure, the pain doesn't last for more than a few days. The technique is CONTINUED

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difficult to perform. Dr. Oz [illegible] still. "Many surgeons won't do that operation, because they have to break the old habits and relearn what they've been doing for years when you [illegible] and start typing on the computer. Shifts are required."

The reluctance of some doctors to [illegible] understandable, though. If a surgeon knows how to perform a surgery safely a certain way, he may just want to keep doing it that way. Not all surgeons want to learn the newest techniques, though it is an option for anyone who wants to learn. Minimally invasive cardiac surgery training is available at most major U.S. academic medical centers.

Another advance in minimally invasive surgery now widely performed during CABG is good news to many women: a better way of harvesting the vein from the leg to use in the bypass. Just a few years ago, the veins were removed by making a long scar the entire length of the leg. These unsightly incisions were also extremely painful to heal from. But now the veins can be removed endoscopically, with just a small punctur using an instrument that sneaks u der the skin, frees up the vein and a lows the surgeon to pull it out. Th reduces pain as well as the rate of i fection. "And not having a scar o their legs is especially important

Send Us Your Hearts!

Put your heart in the right place and help raise money to fight women's heart disease. Have the kids in your life (age 17 and younger) make a decorative heart. In a separate note, tell us the name and age of the "heart artist" and your relationship to him or her. Send it to us at the address below (one heart per family and, sorry, no hearts can be returned). For the first 20,000 hearts received, Meredith Corporation, the parent company of *Ladies' Home Journal*, will donate 50 cents each to the American Heart Association "Go Red for Women" campaign. Send your hearts to:

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women," Dr. Oz says. "Some men barely seem to notice."

ROBC

An exciting and even *less* invasive option for heart surgery is robotics. These tiny, high-tech instruments can be used to bypass blocked arteries, fix heart holes and repair mitral valves. Michael Argenziano, M.D., 37, director of minimally invasive and robotic cardiac surgery at New York Presbyterian Hospital, in New York City, and a protégé of Dr. Oz's, has been a pioneer in its development. "Robotic surgery is less traumatic, cosmetically superior and allows for much faster recovery," he says. And, since women are proportionally more traumatized by conventional open-heart surgery (the same size cut is needed to open a woman's chest [illegible] for surgeons to get their hands inside), this is very good news for women.

During a procedure, the surgeon inserts robotic arms through three to four small holes between ribs on either the right or left side of the chest, depending on the part of the heart requiring surgery. On the tips of the arms are a bright light and a three-dimensional camera to transmit the image to a console, as well as surgical instruments such as tweezers, scissors and knives. Then the surgeon maneuvers the robotic arms from a seat in front of the console away from the patient. Monitors can be placed around the room so everyone can see the surgery clearly in magnified color. One of the nice things about the robotic systems, Dr. Oz says, is that they can enhance a surgeon's skills. "I can adjust the machine so that my tremor might have disappears," he says. "It has greater precision, as well as a safety mechanism so I can't accidentally [illegible] it where it shouldn't go."

"Although the device costs about $1 million, this is definitely part of the future," says Dr. Argenziano. Robotic systems are not yet widely available, but Dr. Oz predicts they will be soon. As more surgeons learn to use them, "Over the next two years," he says, "the knowledge will spread, and there will be very well-trained surgeons in every major metropolitan area who can use [illegible]."

What's your [illegible]? Take our quiz at **www.lhj.com/heartquiz**



04 KF Holdings

The Smarter Way to Snack

More and more, we're a nation of munchers. If you graze between meals, make sure you know what's really in those tempting little treats

Okay, 'fess up. How long has it been since you've eaten something? Three hours? One hour? A few minutes? Are you snacking as you read this? If so, chances are you've got company. Some 64 percent of Americans say they snack at least once a day, up 33 percent since 1989, according to a recent Roper poll. Snacking is even more rampant among adults under 30, with 71 percent regularly munching between meals. And it's not as if all this snacking means we're eating fewer meals: In fact, the heartiest snackers still eat three squares a day, says Information Resources, a consumer trend tracker in Chicago.

Most of us snack on things that are quick, convenient and loaded with calories, usually while we're in transit—one of the few times we're sitting long enough to eat. Indeed, the Roper poll found that 3 percent of us dine à la dashboard. And why not? Grab-and-go food is so hard to come by. "It used to be you could only find food in supermarkets and restaurants, but now you can get it everywhere, and all the time," says Margo Wootan, director of nutrition policy at the Center for Science in the Public Interest, in Washington, D.C. "Every event—business meeting, school events, the PTA—is turned into an eating opportunity." Our environment has become a movable feast of drive-throughs, fast-food chains, vending machines and mall food courts—all serving sugary, salty, fatty treats. Indeed, studies at Penn State University, in University Park, Pennsylvania, have amply demonstrated that the more food we're exposed to, the more we eat.

Are we snacking more because it's there, or is it there because we're snacking more? Sociologists may take years to unravel this chicken-egg proposition, but food industry reps insist they're merely responding to what consumers want. Indeed, to satisfy our insatiable appetites, they've come up with packaging that makes food quicker, easier and more portable. No utensils required. New developments in the $68.6 billion snack food market do include some healthy options, such as grab-and-go soup, squirtable yogurt and bite-size cereal bars. But there's still a bonanza of chips, cookies and crackers sold in cups that CONTINUED



Banana split? Not. Make your veggies more tempting: See page 194

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Snacks That Won't Widen Your Waistline

...ing diet books say, you don't have to avoid whole food groups when you snack. The best snacks are neither mostly carbohydrate nor largely protein—they're a combination, which provides satisfying flavor and texture and digests slowly, so you feel full longer. The nine recommended ... registered dietitian Leslie Bonci are all 150 calories or less. Now that's smart!

Between the fiber in the strawberries and dark chocolate's antioxidants and cholesterol-reducing fats, this sweet treat is a healthy indulgence.	1 ounce dark chocolate chips, melted; ¾ cup strawberries (about 5 to 6 medium)	150
High-fiber rye crackers spread with light Rondelé or Boursin cheese equal a crisp, creamy snack that's got lots of flavor without a lot of calories.	3 rye crackers; 2 tablespoons spreadable "light" cheese	140
Between the fiber-filled bean dip and the corn tortilla, which contains more fiber than a flour tortilla, this is one filling snack. Spicy salsa adds extra flavor without extra calories. Swap the bean dip for a quarter-cup of light (but not fat-free) shredded cheddar, then heat it in the microwave, and you've got a mini quesadilla.	6-inch corn tortilla; 2 tablespoons bean dip; 2 tablespoons salsa	140
The apple's fiber and complex carbs get a boost from peanut butter's fat and protein. Choose chunky peanut butter, advises Bonci, for more fiber and a "chewier" texture. For a change of taste, try a pear or banana, or use soy nut butter, which contains heart-healthy isoflavones.	1 tablespoon peanut butter; 1 medium apple	150
This mini-meal is a very satisfying snack, with beans providing protein and fiber to keep you feeling full. Add a sprinkling of grated Parmesan for a flavor boost.	½ can of minestrone; 2 teaspoons cheese	150
Mix powdered onion soup mix into a cup of plain, low-fat yogurt and you've got a tasty, low-cal, high-calcium dip that's perfect for jazzing up strips of green pepper or celery sticks.	1 cup plain low-fat yogurt; 1 package onion soup mix; 8 green pepper strips or celery sticks	150
Nuke some cooked pasta with frozen mixed vegetables, toss in some light salad dressing and feta cheese, and you've got the perfect balance of carbs, protein, fat and fiber.	½ cup pasta; ½ cup frozen vegetables; 2 tablespoons light dressing; 1 tablespoon feta cheese	150
Stir low-cal dressing or mayo into water-packed tuna and stuff mixture into a small whole-wheat pita for a protein-rich snack with heart-healthy fats.	2 ounces water-packed tuna; 1 tablespoon light dressing or mayonnaise; 6-inch whole-wheat pita pocket	150
...-fat microwave popcorn has few calories and, often, little flavor to show for it. Kick things ...notch with butter-flavored spray and savory herb seasonings. Or add extra crunch and a little heart-healthy fat by tossing in some shelled sunflower seeds.	Mini bag of low-fat popcorn; butter spray; seasoning	150

CONTINUED



anks to Mrs. Dash® Seasoning Blends, healthy and delicious can finally appear in the same sentence. Not to ention the same plate. So instead of reaching for the salt, reach for one of the 12 Mrs. Dash Seasoning Blends. old flavor with 14 herbs and spices, zero salt and no MSG. For great recipe ideas, visit **mrsdash.com**

APPLE PORK CHOPS

Heat 1 Tbsp. butter in large non-stick skillet over medium
Sprinkle both sides of four 4 oz. pork chops with 1 Tbsp
Mrs. Dash Table Blend. Add pork chops to skillet, brown for
2 minutes, turn. Slice 1 medium onion thinly, sprinkle over chops
and cook 2 minutes. Add 1 cup apple cider to skillet,
simmer for 25 minutes or until pork reaches an internal temperature
of 140°F. Peel, core and cut a Granny Sm
Add apple to skillet, cook for an additional 5 minutes. Serve chops
garnished with apple slices and juices.

NUTRITIONALS: Ca. 222 Fat 8g



Convenient packaging, a dizzying [illegible] The result is [illegible] percent of our [illegible] snack [illegible] ling to research at the [illegible] ty of North Carolina at [illegible] el Hill–a more than 60 percent increase since 1977. And we've got the waistlines to show for it. Today, 65 percent of adults and 30 percent of school-age children are overweight. Excess snacking isn't entirely responsible for the obesity epidemic, but it has played a significant role. "If every person is eating just 100 extra calories a day [less than a can of soda], that's enough to explain the rise in obesity over the past 20 years," says Wootan.

A mere 100 calories extra per day will add to a growing waistline

Does all this mean snacking is ipso facto bad for our health? Not at all. Most dietitians say one, two, even three snacks a day keep energy high, blood sugar steady and hunger in check. "It's reasonable to eat something every three hours," says Rebecca Unger, M.D., a pediatrician at the Nutrition Evaluation Clinic at Children's Memorial Hospital, in Chicago. "Snacks are important, but if they're not nutritious, they do more harm than good."

The idea that we snack isn't the problem–it's that we snack poorly, filling up on jumbo portions of high-fat, low-nutrient, calorie-dense foods and drinks. Take your average mid-morning snack, say, a Starbucks' cinnamon scone. How bad could that be? Very: It has 530 calories and 26 grams of fat. And the Lincoln Navigator of snacks, Cinnabon's Pecanbon, packs a whopping 1,100 calories and 56 grams of fat into its doughy swirls–more than half a day's calories. Then there are the liquid "snacks": super-size sodas and juice drinks. These are major pitfalls, not only because a 60-ounce soda can contain 700 or more calories, but because we drink them without thinking, then eat more on top of them. A Cornell University study found that regular soda drinkers consumed nearly 250 more calories each day than non-soda drinkers.

"We don't know why liquid calories don't tweak the hunger system as much as food calories, but they really add up," says Barbara Rolls, Ph.D., Guthrie chair of nutrition at Penn State University and author of *The Volumetrics Weight-Control Plan*.

Finally, snacking while working, driving, channel surfing or otherwise doing something that takes our mind off what we're eating only prompts more snacking. "When we don't focus on our food, we don't have the sense that we're being fed, so we eat more," says Leslie Bonci, director of sports nutrition at the University of Pittsburgh Medical Center. "When you're aware of what you're eating, you become more satisfied."

To get snacking back on track, we've got to shift our perception of what constitutes a snack. For starters, nutrition experts advise choosing snacks that are between 100 and [illegible] calories apiece (see "Tasty Snack," page 194). Active folks can push it to 200 calories, but no one needs the 1,000-plus calorie behemoths peddled by fast-food joints.

Next, we need to think of snacks not as treats, but as ways to get the servings of fruits, vegetables and dairy we skip at regular meals. So if you missed fruit at breakfast, snack on a pear later. You can make fruits and vegetables more tempting by combining them with other foods–like apple with a tablespoon of cashew butter (available in health-food stores) or veggie slices with dip. Adding a small flavor hit or varying the texture of a garden-variety snack can make it taste better and feel more satisfying. Another tip: Mix carbs with protein, or a little fat with some fiber, to give a simple snack more staying power. Unlike high-carb snacks that are digested quickly, prompting the swings in blood sugar that stoke hunger, combo snacks are digested more slowly, holding blood sugar levels steady so you're far less likely to raid the vending machine.

Finally, make healthy snacking easy by keeping good choices at hand. Carry energy bars in your bag or keep fruit and low-fat string cheese at your office. "The most powerful law of psychology is the law of least effort," says David Levitsky, Ph.D., professor of nutrition and psychology at Cornell University, in Ithaca, New York. "If it's easier to pop some fruit or veggies into your mouth than it is to trudge down to the vending machine for candy, then you're more likely to snack smartly."

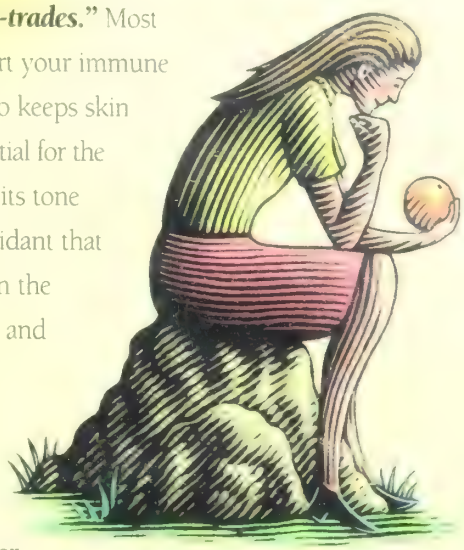
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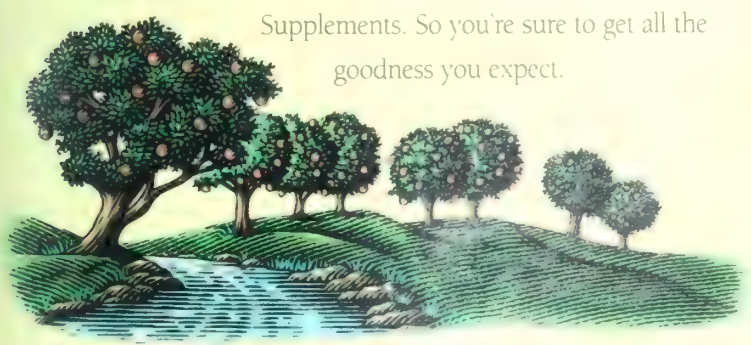
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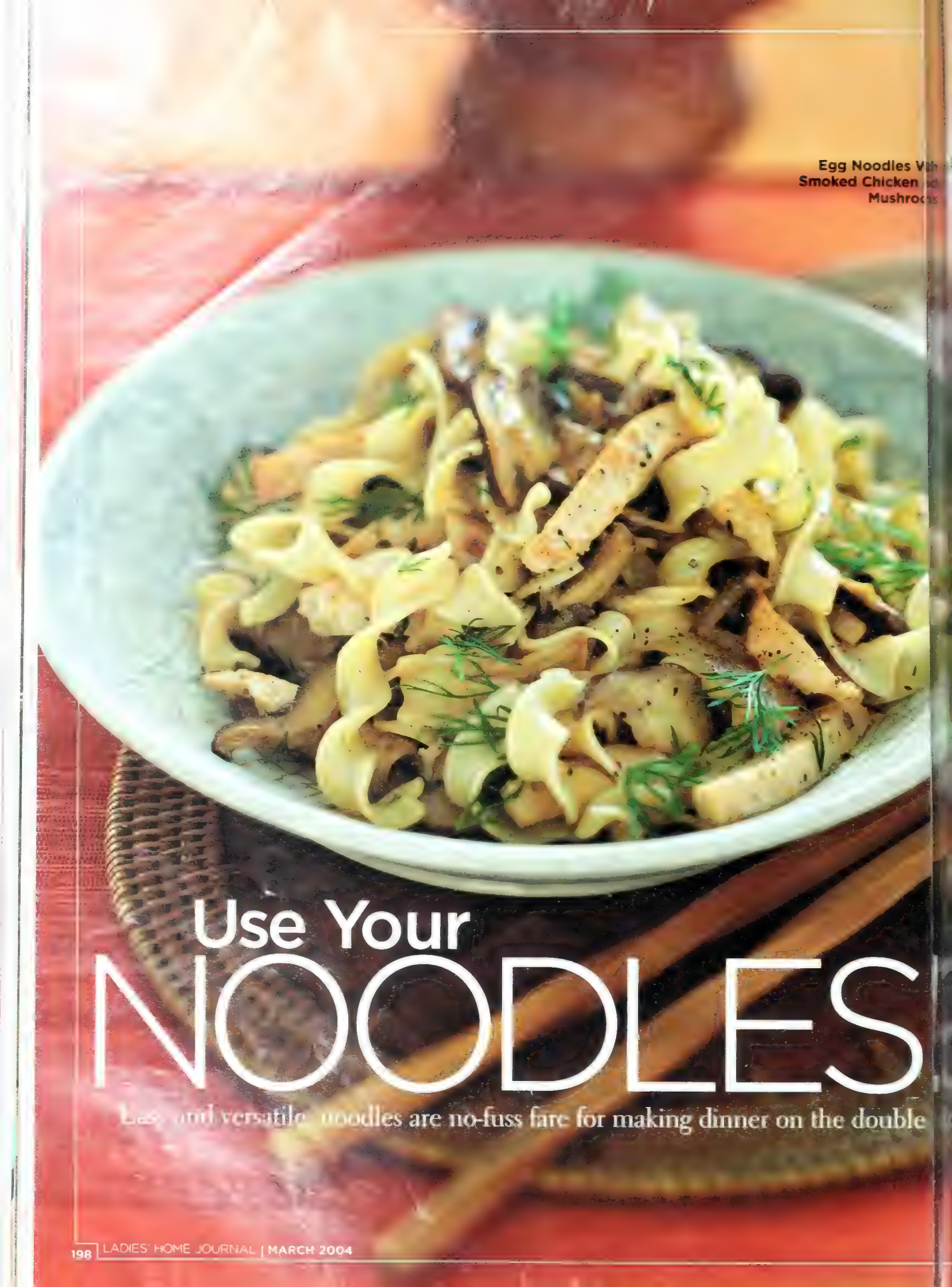


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8/03



Egg Noodles With Smoked Chicken and Mushrooms

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Easy and versatile noodles are no-fuss fare for making dinner on the double



PHOTOGRAPHS BY MARK THOMAS
RECIPES BY ANNE BAILEY



Egg Noodles With Smoked Chicken and Mushrooms

The smoked chicken can be purchased at the deli counter of most grocery stores or from D'Artagnan at 800-327-8246.

Prep time: 15 minutes
Cooking time: about 25 minutes

- 2 tablespoons butter
- 1 medium onion, chopped
- ½ pound shiitake mushrooms, stems removed, sliced
- ½ pound crimini mushrooms, sliced
- 1 teaspoon salt
- 4 teaspoons flour
- 1½ cups chicken broth
- 1 tablespoon paprika
- 2 teaspoons Dijon mustard
- ½ pound smoked chicken, cut into matchstick slices
- 12 ounces medium egg noodles
- 1¼ cups light sour cream
- 1 tablespoon chopped fresh dill

1. Melt butter in a large skillet over medium heat. Add the onion and cook, stirring occasionally, until onion is translucent, 10 minutes. Increase heat to medium-high, add the mushrooms and salt, and cook, stirring, until the mushrooms are well browned, 7 minutes. Reduce heat to medium low, and stir in the flour. 1 minute. Add broth, paprika and mustard. Reduce heat to low and simmer until sauce thickens, 3 minutes. Stir in chicken and cook 1 minute.
2. Meanwhile, cook noodles according to package directions. Drain. Just before serving, stir the sour cream and dill into the sauce. Toss the noodles with the sauce. Makes 4 to 6 servings.

Per serving: 400 calories, 13.5 g total fat, 5.5 g saturated fat, 104 mg cholesterol, 989 mg sodium, 53 g carbohydrates, 19 g protein, 34 mg calcium, 3 g fiber

Make it kid friendly: Omit the dill from the sauce. You can toss it into the grown-up version at the last minute.

Second-meal secret: Make a casserole by throwing the leftovers into a baking dish. Sprinkle with bread crumbs and bake at 350°F. until heated through.

PAIR IT WITH: Jewel Collection 2002 Viognier, California, $10 This crisp white wine with citrus notes highlights the smokiness of the dish.

Beef and Soba Noodles With Red Pepper Sauce

Soba noodles, buckwheat noodles that can be found at Asian specialty stores or in the Asian section of your supermarket.

Prep time: 25 minutes
Cooking time: 30 minutes, plus standing

- 1 large garlic clove, peeled
- 1¼ teaspoons salt, divided
- 1 pound flank steak
- 1 teaspoon red pepper flakes, divided
- 6 red bell peppers, halved and seeded
- ¼ cup rice wine vinegar
- 3 tablespoons toasted sesame oil
- ½ cup chopped sun-dried tomatoes
- ½ cup chopped fresh cilantro
- 1 tablespoon vegetable oil
- 12 ounces soba noodles

Sliced green onions, for garnish

1. On a cutting board, chop and mash the garlic and ½ teaspoon salt together to make a paste. Rub paste all over steak, then sprinkle steak with ½ teaspoon red pepper flakes. Transfer steak to a platter, cover with plastic wrap and refrigerate. (Can be prepared up to a day ahead. Bring steak back to room temperature before cooking.

2. Heat broiler. Line a broiler pan with foil and arrange peppers cut side down on pan. Broil 6 to 8 inches from heat until skins are evenly charred, about 15 minutes. Wrap peppers in foil and let stand until cool enough to handle. Peel off and discard skins. In a food processor, puree peppers, vinegar, sesame oil, and remaining salt and red pepper flakes until blended and smooth. Transfer to a large bowl and stir in sun-dried tomatoes and cilantro.
3. Heat vegetable oil in a large skillet over high heat. Sear steak 4 minutes per side, until an instant-read thermometer inserted in thickest part of steak reaches 135°F. for medium rare. Transfer to a cutting board, cover with foil and let stand 5 minutes.
4. Cook noodles according to package directions. Drain. Toss with sauce. Thinly slice steak and place atop noodles. Garnish with green onions, if desired. Makes 4 to 6 servings.

Per serving: 480 calories, 22.5 g total fat, 5 g saturated fat, 38 mg cholesterol, 1,411 mg sodium, 50 g carbohydrates, 24 g protein, 45 mg calcium, 1 g fiber

Make it kid friendly: Sub canned marinara sauce instead of our spicier red pepper sauce.

Second-meal secret: Use the red pepper sauce as a sandwich spread.

PAIR IT WITH: Pepi 1999 Sangiovese, California, $12 This dry, light red wine with black cherry livens up the robust combination of beef and roasted red peppers.

CONTINUED





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JELL-O

Pastitsio

Letting this G[illegible] minutes before cutting [illegible] to be absorbed.

Prep time: 30 minutes
Cooking time: about 1 hour 20 minutes, plus standing

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 garlic cloves, pressed
- 1 pound lean ground beef
- 2 cans (14½ ounces each) diced tomatoes, drained
- 1½ teaspoons dried oregano
- ½ teaspoons cinnamon
- 1¾ teaspoons salt, divided
- ¼ teaspoon freshly ground pepper, divided
- 8 ounces elbow macaroni
- 3 tablespoons butter
- ⅓ cup all-purpose flour
- 1 quart whole milk
- 2 large eggs
- 1 cup freshly grated Parmesan cheese, divided
- 1 cup crumbled feta cheese

1. Heat oil in a large skillet over medium heat. Add the onion and garlic and cook, stirring occasionally, until onion is translucent, 7 minutes. Stir in beef and cook, breaking up meat with the back of a spoon, until browned, about 7 minutes. Spoon off all but 1 tablespoon of fat. Stir in tomatoes, oregano, cinnamon, 1 teaspoon salt, and ¼ teaspoon pepper. Bring to a boil, then reduce heat to low, cover and simmer, 15 minutes. Uncover and simmer 15 minutes more.
2. Meanwhile, cook macaroni according to package directions. Drain. Melt butter in a large saucepan over medium heat. Whisk in flour, 1 minute. Increase heat to high, add the milk and remaining salt and pepper, and bring to a boil, whisking constantly. Remove from heat.
3. In a small bowl, beat eggs. Beat 1 cup of the hot cream sauce mixture into the eggs, then beat the egg mixture into the cream sauce. Whisk in ¾ cup Parmesan cheese.
4. Heat oven to 375°F. Grease a shallow, 9"x13" baking dish. Transfer half of the macaroni to prepared dish. Layer with 1½ cups of the cheese sauce. Spread the beef mixture evenly over cheese sauce. Layer with the remaining macaroni, then sprinkle with feta cheese. Top with remaining cheese sauce and sprinkle with remaining Parmesan cheese. Bake until golden and bubbling, 35 minutes. Let stand until firm. Makes 4 to 6 servings.

Per serving: 710 calories, 39 g total fat, 19.5 g saturated fat, 190 mg cholesterol, 1,662 mg sodium, 52 g carbohydrates, 38 g protein, 608 mg calcium, 3 g fiber

Make it kid friendly: Replace the feta with mozzarella, which is milder.

Second-meal secret: Halve and seed bell peppers, lightly toss in olive oil, and roast on a jelly-roll pan in a 450°F. oven for 15 minutes. Fill each with macaroni and beef, sprinkle Parmesan cheese on top and bake until heated through.

PAIR IT WITH: Domaine Miquel 2001 Syrah, France, $10 This full-bodied, floral red complements the zesty trio of beef, tomatoes and feta cheese.

Straw and Hay

[illegible] have access to fresh pasta—which has a [illegible] use 1 pound the recipe calls for.

Prep time: 10 minutes
Cooking time: 15 minutes

- 8 ounces dried spinach fettuccine
- 8 ounces dried egg fettuccine
- 1 tablespoon butter
- 2 ounces prosciutto, chopped
- 1 cup light cream
- 1½ cups peas, thawed if frozen
- ¾ cup freshly grated Parmesan cheese
- ½ teaspoon salt
- ⅛ teaspoon freshly ground pepper

1. Cook spinach and egg fettuccine according to package directions. Drain. **2.** Meanwhile, melt butter in a large skillet over medium heat. Add prosciutto and cook 1 minute. Stir in cream and cook 1 minute more. Add remaining ingredients and stir until cheese is melted. Toss fettuccine with sauce. Makes 4 to 6 servings.

Per serving: 490 calories, 18 g total fat, 9.5 g saturated fat, 121 mg cholesterol, 667 mg sodium, 61 g carbohydrates, 22 g protein, 249 mg calcium, 5 g fiber

Make it kid friendly: Hold the prosciutto and stir in some sweet corn.

PAIR IT WITH: Columbia Crest Grand Estates 2001 Chardonnay, Washington, $11 This vanilla-spiked white matches this dish's creaminess.

Pasta B.L.T.

We like the crunch of iceberg lettuce, but you can use fresh baby spinach if you like.



Prep time: 10 minutes
Cooking time: 20 minutes

- ½ pound sliced bacon
- ⅓ cup red wine vinegar
- ⅓ cup mayonnaise
- 3 tablespoons olive oil
- 1 tablespoon minced onion
- ¾ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 12 ounces pappardelle pasta
- 1 pint cherry tomatoes, quartered
- ¼ head iceberg lettuce, shredded

1. Cook bacon in a large skillet until crispy. Drain on paper towels and crumble. Whisk 1 tablespoon bacon fat in a bowl with vinegar, mayonnaise, olive oil, onion, salt and pepper until well blended.

2. Cook pasta according to package directions. Drain. Toss with vinaigrette, bacon, tomatoes and lettuce. Makes 4 to 6 servings.

Per serving: 445 calories, 24.5 g total fat, 5 g saturated fat, 18 mg cholesterol, 549 mg sodium, 46 g carbohydrates, 11 g protein, 32 mg calcium, 2 g fiber

Make it kid friendly: Toss the noodles with butter and olive oil and make a bacon, lettuce and tomato side salad.

PAIR IT WITH: Turning Leaf 2001 Zinfandel, California, $9 This not-too-heavy red with a hint of strawberries adds a kick to the piquant sauce.

Find oodles of noodle recipes online at: **www.lhj.com/noodles**

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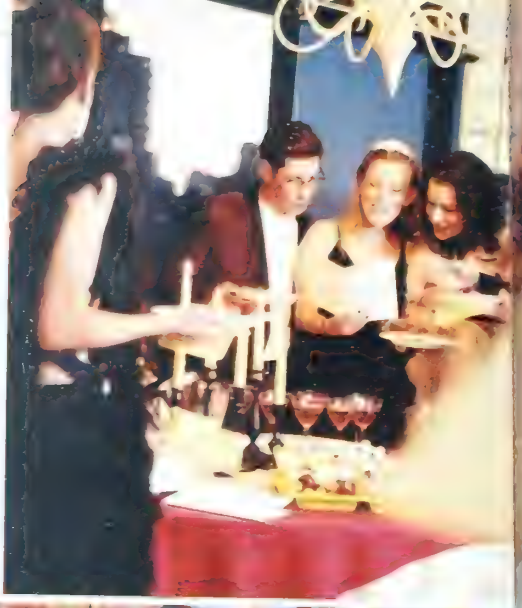
Whip up Jell-O Vanilla Flavor Instant Pudding. Mix in cookie bits, chocolate chunks, mini marshmallows or whatever else strikes your fancy.

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Roll out the red carpet, pop the champagne and deck yourself out in your glittery best, because it's Oscar night—America's favorite awards show. This February 29, the stars will come out to honor moviemaking's most marvelous achievements. But just because you're not a celebrity doesn't mean you can't celebrate like one. "The excitement of the Academy Awards is infectious," says Laura Brounstein, *Ladies' Home Journal*'s entertainment editor. "Who doesn't want to feel like Hollywood royalty for the evening?" That's exactly what Brounstein has in mind when she plans her own simple, yet ultra-fun Oscar festivities for her closest friends and family. Here, she shares her tips for festive finger foods, five-star cocktails and party know-how that'll make everyone feel like a headliner. CONTINUED



Candles are lit and the table is set with a tiered tray of sweets, plates of cheeses, fruits, vegetables, nuts and Salmon Red Carpets (right). Party goers fill out their ballots (above)

PHOTOGRAPHS BY WILLIAM GEDDES TEXT BY DOMINIQUE ANDREWS RECIPES BY ANNE BAILEY



Give new flavor to ordinary salads.



Add crunch to mashed potatoes.





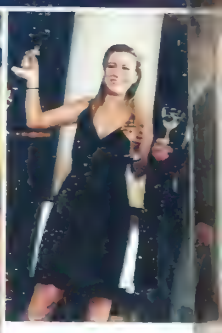
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A selection of cheeses with varying flavors and textures, such as Brie, Jarlsberg, Gorgonzola and Manchego, are good choices for a cheese and fruit plate





[illegible]

Use a [illegible] the tarra[illegible]

[illegible] minutes
Cooking time: 8 minutes plus standing

- 6 slices white or whole wheat bread, crusts removed
- ¾ cup sour cream
- 1 tablespoon chopped fresh tarragon
- ½ teaspoon grated lemon peel
- ¼ teaspoon salt
- ⅛ teaspoon freshly ground pepper
- 6 ounces thinly sliced smoked salmon, cut into 1x2-inch rectangles
- Paprika
- Fresh tarragon, for garnish

1. Heat oven to 400°F. Cut each slice of bread into 4 rectangular pieces. Arrange bread in an even layer on a large cookie sheet. Bake until tops are lightly toasted and golden, 5 minutes. Turn bread slices and bake 3 minutes more, until firm and toasted through. Transfer toast to a wire rack and let cool completely.
2. In a small bowl, combine sour cream, tarragon, lemon peel, salt and pepper until well blended. Spread 1 piece of toast with about 1 teaspoon sour cream mixture. Roll up one end of a slice of salmon, leaving the other end flat. Place paprika in a shallow pie plate, then carefully dip both long edges of salmon roll in paprika. Place atop sour cream. Repeat with [illegible] toast, salmon and paprika. Garnish each toast with a sprig of fresh tarragon, if desired. Makes 24 pieces.

Per serving: 40 calories, 2 g total fat, 1 g saturated fat, 5 mg cholesterol, 203 mg sodium, 3 g carbohydrates, 2 g protein, 17 mg calcium, 0 g fiber

Eggplant Caviar

Not truly caviar, this dip still offers an elegant jump-start to [illegible] Serve it [illegible] eggplant, just concentrate on [illegible]

Prep time: 10 minutes
Cooking time: about 50 minutes plus standing

- 3 tablespoons plus 1 teaspoon olive oil, divided
- 2 medium eggplants (1 lb. each)
- 3 garlic cloves
- 1 tablespoon fresh lemon juice
- ½ teaspoon salt
- Fresh basil, thinly sliced, for garnish

1. Heat oven to 450°F. Line a jelly-roll pan with foil; brush with 1 teaspoon olive oil. Slice each eggplant in half lengthwise. Place eggplant, cut side down, on prepared pan. Wrap garlic in foil and place on pan with eggplant. Bake 20 minutes; remove garlic and set aside to cool completely in foil. Continue cooking eggplant until very soft and skin is slightly charred and begins to wrinkle, about 25 to 30 minutes more. Let cool completely.
2. Discard any large seeds from eggplant with a small spoon or pairing knife. Scoop pulp into the bowl of a food processor; discard skin. Peel off and discard skin from garlic. Add garlic to eggplant with remaining olive oil, lemon juice and salt. Pulse 2 to 3 times until mixture is well blended and smooth. Transfer to a serving bowl. Garnish with basil and serve with grilled pita bread triangles, crackers or breadsticks, if desired. Makes about 2 cups.

Per serving (1 tablespoon): 20 calories, 1.5 g total fat, 0 g saturated fat, 0 mg cholesterol, 37 mg sodium, 2 g carbohydrates, 0 g protein, 9 mg calcium, 0 g fiber

Katharine Hepburn's Brownies

[illegible] Oscar winner Katharine Hepburn shared this recipe with Ladies' Home Journal *in 1993, it has remained one of our favorites. To save time, we recommend melting the chocolate in [illegible] saucepan.*

Prep time: 10 minutes
Cooking time: about 50 minutes plus standing

CONTINUED

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purpose flour

walnuts in a single layer in an 8X8-inch baking pan and bake until toasted and fragrant, about 10 minutes. Let walnuts cool completely in pan, then remove from pan and set aside.

2. Reduce oven temperature to 325°F. Grease and lightly flour the bottom and sides of same baking pan, tapping sides gently to remove any excess flour. Set aside.

3. Combine chocolate and butter in a large microwaveproof bowl. Microwave on High 1½ minutes, until melted. Stir until completely smooth. Add sugar, eggs and vanilla and beat with an electric mixer at low speed until well blended. With a spoon, stir in flour and salt until just combined. With a rubber spatula, gently fold in walnuts. Spread batter into prepared pan and bake until a toothpick inserted in center of brownies comes out almost clean, about 40 minutes. Cool completely in pan on a wire rack, then cut into 2-inch squares. Makes 16 brownies.

Per brownie: 200 calories, 14.5 g total fat, 6 g saturated fat, 43 mg cholesterol, 107 mg sodium, 17 g carbohydrates, 3 g protein, 17 mg calcium, 1 g fiber

Hollywood Blondies

but

Or try a

Prep time: 15 minutes
Cooking time: about 40 minutes plus standing

¾ cup chopped pecans
½ cup butter

Chocolate Stars and other sweet treats, Katharine Hepburn's Brownies, and Hollywood Blondies

¾ cup firmly packed light brown sugar
2 large eggs
1 tablespoon corn syrup
2 teaspoons vanilla extract
1 cup all-purpose flour
½ teaspoon baking powder
⅛ teaspoon salt
¼ cup butterscotch or semisweet chocolate chips

1. Heat oven to 350°F. Line an 8x8-inch baking pan with foil (leaving a ½-inch overhang on each side) and coat with nonstick cooking spray. Set aside. Arrange pecans in a single layer on a cookie sheet and bake until toasted and fragrant, 5 to 7 minutes. Set aside.

2. In a large, heavy-bottomed saucepan, melt butter over medium heat. Remove from heat and stir in brown sugar until smooth and well blended (you should have no lumps). Let cool 10 minutes. With a wooden spoon, add eggs, corn syrup and vanilla until mixed. With a wire whisk, add in flour, baking powder and salt until well blended. Stir in pecans and chips. Spread batter into prepared pan and bake until a toothpick inserted in center of blondies comes out clean, about 28 to 30 minutes. Cool completely in pan on a wire rack. Lift blondies out of pan by the foil edges then peel off foil. Cut into 2-inch squares. Makes 16 blondies.

Per serving: 185 calories, 11 g total fat, 5 g saturated fat, 42 mg cholesterol, 109 mg sodium, 21 g carbohydrates, 2 g protein, 25 mg calcium, 1 g fiber

Chocolate Stars

lust, which can be purchased

942-2539 or www.nycake.com.

Prep time: 30 minutes plus chilling

Cooking time: about 10 minutes

1 cup sugar
½ cup butter, softened
½ cup vegetable shortening
1 egg yolk
1 teaspoon vanilla extract
2½ cups all-purpose flour
⅓ cup unsweetened cocoa
¼ teaspoon salt

1. Heat oven to 350°F. In a large bowl with an electric mixer, beat sugar, butter and vegetable shortening until light and fluffy. Add egg yolk and vanilla, blend well. Stir in flour, cocoa and salt until combined. Divide dough in half. Shape each half into two 8-inch disks and wrap each in plastic. Chill 30 minutes.

2. Roll each disk out between two sheets of plastic wrap to ¼-inch thick. Cut out with a 3-inch star cookie cutter and place on 2 large, ungreased cookie sheets. Refrigerate 15 minutes or until firm, then bake until edges are a little darker and center is firm, about 8 to 10 minutes. Let cool completely on wire racks. Decorate as desired (if using gold dust, gently rub a small amount over each cookie with your finger). Makes 30 cookies.

Per serving: 125 calories, 7 g total fat, 3 g saturated fat, 15 mg cholesterol, 51 mg sodium, 15 g carbohydrates, 1 g protein, 5 mg calcium, 1 g fiber

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How to Set the Stage for the Ultimate Oscar Party

Create Your Own A-List

- ✓ When you send out invitations, tell your guests to arrive about 7 P.M. (EST), an hour before the Oscars begin. The pre-shows have the best close-up views of the celebrities' outfits, and get everyone warmed up for the show itself.
- ✓ Offer an incentive if you invite reluctant spouses who prefer games to glam. You can write on the invitation that all who attend are entitled to watch one sporting event, unheckled, at a future date.

Get Your 15 Minutes of Fame

- ✓ To get your guests in on the fun, hand out sparkling tiaras or other Hollywoodesque accessories, such as colorful feather boas or faux-jeweled sunglasses, to get your guests in on the fun. You can buy or rent these items from most costume shops or card stores.
- ✓ After everyone is accessorized, make like the paparazzi and take Polaroids to make wacky personalized party favors.



Keep the menu simple with items you can make ahead, like these Chocolate Stars

Prepare First-Prize Food

- ✓ A buffet of room-temperat hors d'oeuvres will allow gue to nibble leisurely throughou the evening. A smorgasbord simple-to-make savory and sw items is best.
- ✓ Whimsical drinks, such as fizz pink champagne cocktails ma with a splash of cranberry jui make the evening merrier. Be su to have plenty of non-alcoho drinks on hand, too.

Get With the Program

- ✓ Pass around ballots printed o from *www.oscar.com* with all t categories and nominees. Gues can make their picks and follo along with ballots in hand as th awards progress.
- ✓ Award a faux Oscar statue (whic you can purchase from a hobb or trophy shop) to the perso who correctly chooses the mos winners. Or, have each guest chi in a nominal dollar amount to ge the competitive juices flowing.

Take Five, Everyone

- ✓ During lulls in the show, play a classic movie trivia game. Circu late a list of movies and movie stars and ask guests to match as many actors to the films they've starred in. You can get the information from sites such as The Internet Movie Database at *www.imdb.com*.
- ✓ Have an "Impressions" contest: Throw names of famous movie stars into a hat, and have guests imitate the actors whose names they choose.

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110% DELICIOUS

Easy Parmesan Garlic Chicken

Prep: 5 minutes
Total Time: 30 minutes

Ingredients:

1/2 cup KRAFT® 100% Grated Parmesan Cheese
1 envelope GOOD SEASONS® Italian Salad Dressing Mix
6 boneless, skinless chicken breast halves (about 2 lbs.)
1/2 tsp. garlic powder

1. **MIX** cheese, garlic powder, and salad dressing mix.
2. **MOISTEN** chicken with water; coat with cheese mixture. Place in shallow baking dish.
3. **BAKE** at 400°F for 20 to 25 minutes or until chicken is cooked through. Makes 6 servings.

4 grams of carbs per serving.
If you're counting carbs, count calories too.
Nutritional Information Per Serving: 230 calories, [illegible]g total fat, 3g saturated fat, 680mg sodium, [illegible]g carbohydrate, 31g protein



French Toast Soufflé

Wake up to a breakfast that's lower in fat, but just as luxuriously delicious



Three years ago, my cousin, Siobhan Cummins, fro Long Beach, California, moved back East and mad French toast soufflé for a family brunch. It was love at first bite; everyone gobbled it up. It's such great comf food—warm and sweet . . . and fattening. Can you help me cut some of the calories?

AMY PHILLIPS, MILLBURN, NEW JERS

Our Healthy Makeover

We said farewell to the cream cheese and half-and-half cream in the original recipe and substituted some of the whole eggs with egg whites. (See changed ingredients highlighted below.) Our new version cuts the fat by more than 50 percent. While our tasters liked the richness of the original, most preferred the fluffier texture and enhanced flavor of the new dish. One taster noted, "it's still creamy and sweet, and you don't miss the fat." Another commented that the reconfigured result was perfect—"not too airy, not too heavy, not too mushy." Try it and see for yourself!

cipe

Prep time: 15 minutes, plus standing
Baking time: 45 minutes, plus standing

- 10 cups cubed (1 inch) sturdy white bread (12 oz.)
- 1 package (8 oz.) cream cheese, at room temperature
- 8 large eggs
- 1½ cups whole milk
- ⅔ cup half-and-half cream
- ½ cup maple syrup
- 1 tablespoon cinnamon
- teaspoon vanilla extract
- 2 tablespoons confectioners' sugar

Per serving: 270 calories, 13.5 g total fat, 7 g saturated fat, 172 mg cholesterol, 272 mg sodium, 28 g carbohydrates, 9 g protein, 135 mg calcium, 1 g fiber

Makeover

Prep time: 15 minutes, plus standing
Baking time: 45 minutes, plus standing

- 10 cups cubed (1 inch) sturdy white bread (12 oz.)
- 6 large eggs
- 4 large egg whites
- 3 cups whole milk
- /2 cup maple syrup
- 1 tablespoon cinnamon
- ½ teaspoon vanilla extract
- 2 tablespoons confectioners' sugar

1. Place bread cubes in a 13"x9" baking dish coated with cooking spray. (If using cream cheese, beat it with an electric mixer at medium speed until completely smooth. Beat in eggs at low speed until blended.) In a large bowl beat eggs and egg whites with a wire whisk until blended. Add milk (and cream, if using), maple syrup, cinnamon and vanilla and whisk until smooth. Pour mixture over top of bread and press bread down gently into the egg mixture, making sure bread is completely coated; cover and refrigerate one hour or as long as overnight.

2. Heat oven to 350°F. Remove bread mixture from refrigerator and press down gently to resoak bread; let stand on counter 30 minutes. Bake until set, 45 minutes. Let stand 10 minutes before serving. Sprinkle top with confectioners' sugar and serve with additional maple syrup, if desired. Makes 12 servings.

Per serving: 200 calories, 5.5 g total fat, 2 g saturated fat, 115 mg cholesterol, 234 mg sodium, 28 g carbohydrates, 9 g protein, 132 mg calcium, 1 g fiber

Send your most indulgent family recipe to lhj.recipemakeover@meredith.com, and it could get a nutritional makeover. If we print your recipe in the magazine, we'll pay you $100.



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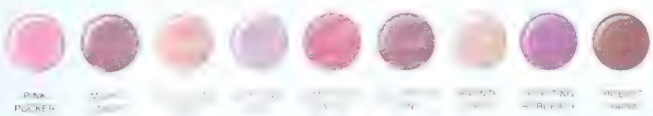


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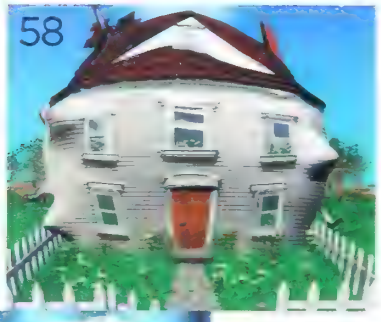

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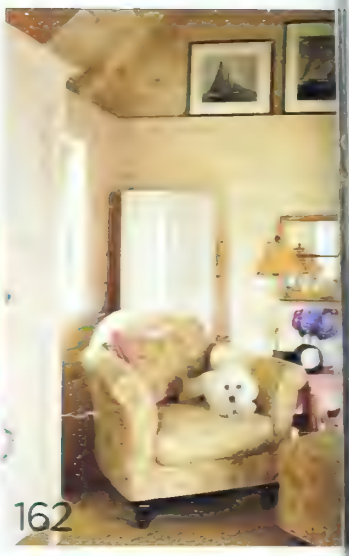
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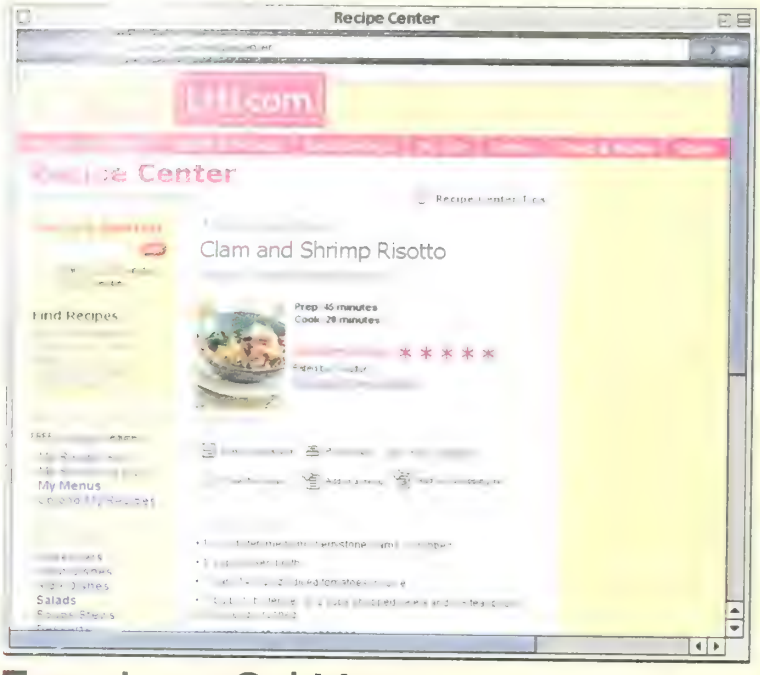



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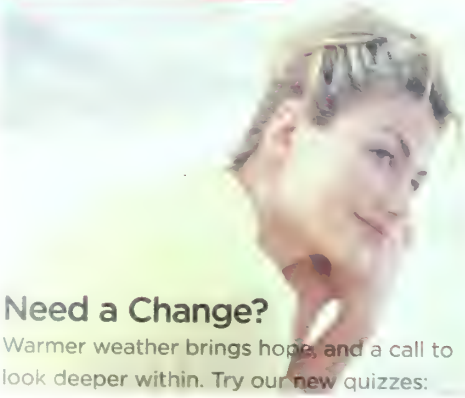
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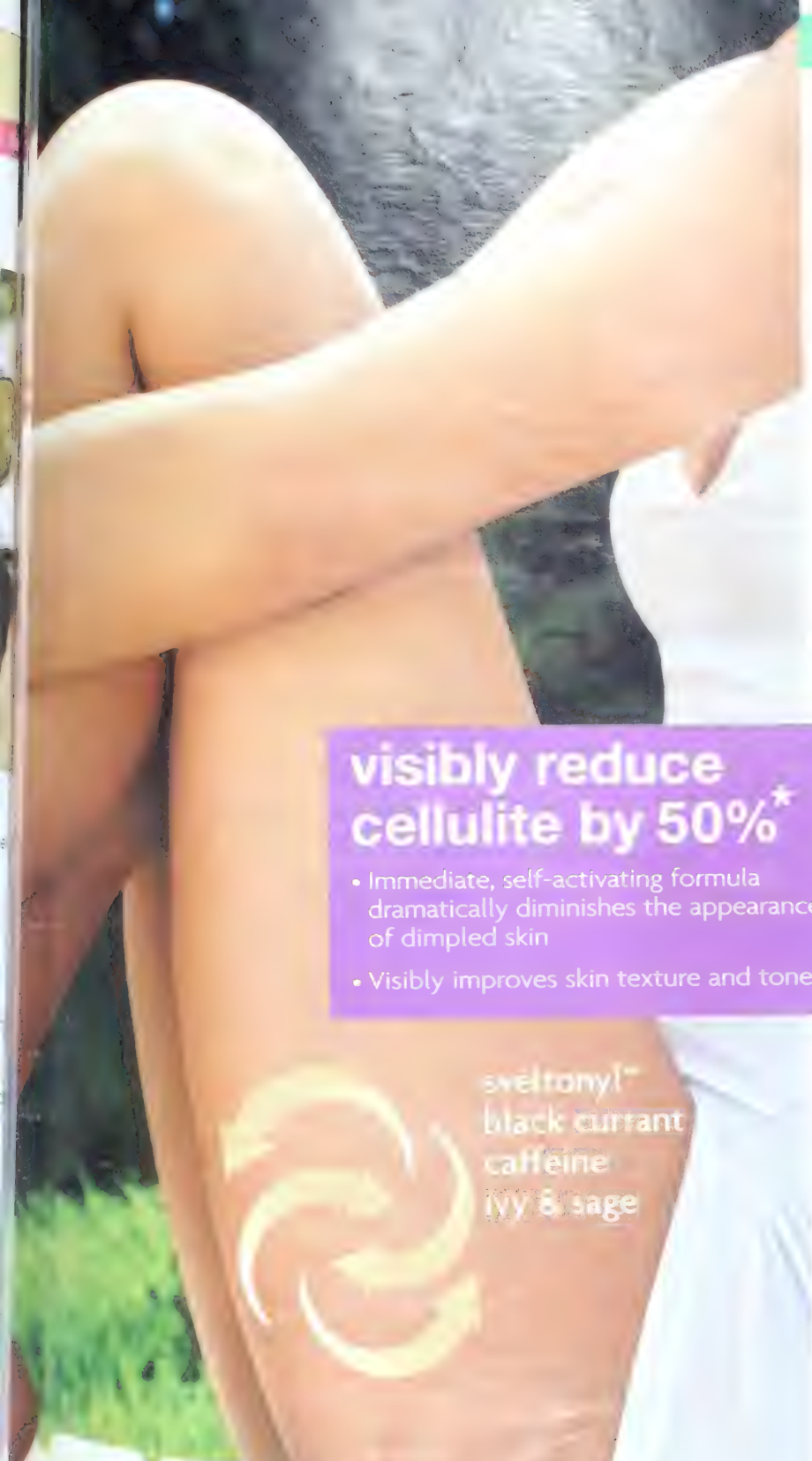
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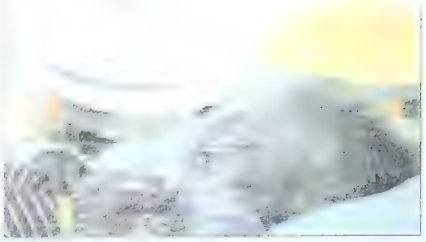




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Be Saved?®" is *Ladies' Home Journal*'s most popular and widely read column, more relevant than ever, even after 51 years! So well known is the phrase, or a variation of it, that it's been used as headlines in *The New York Times*, *The Wall Street Journal* and *Time* magazine, to describe situations where [illegible] are wrestling to reach a compromise or soothe discord.

So many of you love the column, so you already know why it's powerful and compelling: It's an enlightening and (yes, it's okay to admit) entertaining format that touches many universals about marriage and the maddening, trivial, profound and heartbreaking struggles that couples face. With the help of a therapist's insight, couples heal their wounds and start pulling again in the same direction, making the column cathartic and inspiring.



A Great Gift Idea

Looking for a gift to give to an important woman in your life? Your mom, your sister-in-law, your best friend, your college-age niece? Here's a smart solution: a subscription to *Ladies' Home Journal!* Subscribe by visiting our Web site at *www.lhj.com/EditorSpecial*

Occasionally I get a letter from a reader wanting to know why we don't feature a marriage that *couldn't* be saved, pointing out that, in this age of divorce, we're being unrealistic not to do so. I wanted to take a moment to explain. The column has never made any attempt to mirror the divorce rates in this country. Since 1953, when the column made its then-groundbreaking debut, we have featured couples who split only six times. Why? First of all, couples in marital therapy are very highly motivated to save their marriages. Second, when a couple throws in the towel for good, there's less learning for readers who are seeking to develop skil to diffuse tensions, improve communication, and buil trust. We sympathize mightily with the pain and cha lenges faced by divorced partners and their children; i fact, look for a special package on the topic in nex month's issue. But when it comes to "Can This Marriag Be Saved?®" the transformative power comes precisel from knowing not just that the couple *will* be saved, bu *how*—and what you can learn from that, even if your mar riage is rock solid. Check out this month's "Can Thi Marriage Be Saved?®" and "Was This Marriag Saved?™" on pages 22 and 28.



What's So Funny About Being a Mom?

an letters fro[illegible]

a more

Speaking of emotional healing, don't miss "How to Giv and Receive Comfort" by Lesley Dormen on page 74. Thi is a timely topic today as we search for sincere and heartfel ways to connect with those we love, and those we want t love better. Lesley points out that giving comfort—and al lowing ourselves to *be* comforted—is one of our most basic and most noble, human urges. Let me know if the story moves you as much as it moved me.

Diane Salvatore

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Can this marriage be saved?®

"I Want to Feel Closer to Him"



"My husband and I have totally different concepts of marriage," said Megan, 41, a high-school guidance counselor who has dark brown hair and freckles. "I want us to be as close as possible in every way, but Tom seems to prefer having a lot more distance between us.

"Over the past nine years of our marriage, Tom has created all these boundaries based on our different schedules and tastes. For example, I'm a big spender, and he's a saver, so he insists we keep our money in separate accounts, buy our own groceries and split household bills. We sleep apart because my snoring keeps him awake. (I can't remember the last time we visited each other's bedrooms and made love.) We dine separately five nights a week because Tom likes to eat at 6 P.M., and I often don't get home from work until after 7 P.M. We have different tastes in TV programs, so he says it's logical for us to have our own sets. Since we chose not to have children, we don't even have any real family-related events to bring us together. All these boundaries make me feel like his roommate, not his wife.

"If that isn't upsetting enough, Tom is emotionally distant, too. He doesn't talk, no longer likes taking walks or playing cards—all things we enjoyed early in our marriage. If I complain about our unconventional lifestyle, Tom looks at me as if I'm crazy, mutters under his breath and stomps around the house. Why can't he give me the closeness I deserve?

"Growing up, I wasn't close to my parents. My father, the stable, calm type, worked long hours as a bricklayer; my mother, a homemaker, had an explosive personality. She constantly hollered at my younger brother and me; she spanked us if our rooms were messy.

"Fourteen years ago, when I was working as an X-ray technician, I met Tom at a two-day education workshop he's also an X-ray technician. Since we lived two hours apart, we dated only on weekends. I didn't mind the arrangement; it gave me space to do my own thing during the week. As a boyfriend, Tom was attentive and affectionate. His calm and logical demeanor appealed to me. Together, we enjoyed taking nature walks, visiting zoos and going to the movies.

"Within a year, we were in love, but Tom said he wasn't in a hurry to get married. Then, four years into our relationship, when I suspected that he might be a confirmed bachelor, I asked him whether he envisioned us marrying. 'If not,' I said, 'I want to date other people.' Tom quickly replied, 'Then let's get married.'

BY CYNTHIA HANSON



"During our six-month engagement, he was enthusiastic about our life together. We were in sync on everything, including our mutual decision not to have kids. I was surprised that, shortly after the wedding, Tom started putting up boundaries between us—everything from separate bank accounts to separate bedrooms. I found the sleeping arrangement curious, because Tom never complained about my snoring when we shared a bed on the weekends, but then he didn't have to get up early for work. Reluctantly, I put up with his requests. For the first year or so that we were married, Tom and I had sex occasionally in one of our beds—and then one of us moved to the other bedroom to sleep.

"But then our sex life cooled off. When I asked him why, he said that I'd gained too much weight. I'd put on about 30 pounds; I didn't think it would be enough to affect his sex drive. I kept telling him that I craved more intimacy—to no avail.

"I coped with my loneliness by concentrating on my graduate studies (I had gone back to school to become a guidance counselor) and lavishing attention on our dog. Then, two years ago, after we moved into a CONTINUED

house. Tom distanced himself even more. He focused exclusively on [illegible] his priority at night and on weekends. To make [illegible] extremely defensive if I question him about anything, whether it's why he left his dirty dishes in the sink or why he installed the latch on the fence a certain way. He goes ballistic, cursing and yelling. I retreat, so nothing gets resolved.

"Recently, I decided to explore my own emotional issues in therapy, and asked Tom to join me. 'If you don't, that's fine,' I said. 'But unless our relationship improves, I'm filing for divorce. I can't live like this anymore.'"

[illegible] most important person in the world to me," said Tom, 48, who is tall with sandy blond hair. "I admire her intelligence; I enjoy her high energy and dry humor. But I liked the weekends-only arrangement we had before we married; in fact, I could have just dated her for the rest of my life. I don't need intense daily emotional or physical intimacy with anyone—not even the woman I love.

"I didn't deliberately set up boundaries when we got married; they evolved naturally. Look, I'm not trying to hurt or change Megan. For example, I don't criticize her spending habits, but if we commingled our incomes, I'd feel compelled to monitor her spending, and I don't want to do that. I don't berate Megan for snoring. [illegible] I'm a light sleeper, the best solution is separate bedrooms. It also doesn't bother me that we have different tastes in TV. Why do we have to do everything together?

"As [illegible] has been stronger than mine. But even [illegible] weight. I don't mean to be unkind, but I'm just not as attracted to Megan as I was when we were dating, and besides, sex isn't that important to me. I'd never ask her to diet for me. I don't want to control Megan; I accept her for who she is. But I don't want her to control me, either.

"I was the youngest of four. My father was a stern Marine sergeant; my mother was a doting housewife. I didn't have a close relationship with Dad, who dictated everything that we did as a family—where we vacationed, when we ate dinner, what we watched on TV. I got along better with Mom, who appreciated my humor.

> Megan once found her husband's aloof attitude attractive

"When I met Megan, I was instantly attracted to her. She was the smartest woman I'd ever met, and she made me laugh. I looked forward to our weekends together, but I still didn't see myself as the marrying kind. I was initially surprised when she gave me her marry-me ultimatum.

"Now, Megan drives me nuts trying to get me to share my feelings about our relationship. I'd be happy to talk about anything else—work, current events, pop culture. But I'd rather repair the plumbing than be lured into a touchy-feely discussion. Chores have become my priority, in part because they're an easy escape.

"Megan accuses me of being emotionally distant, but the truth is, I'm like that with everybody. I'm on good terms with my sisters and mother, but I don't feel the need to talk to them often. I don't have any close friends. I'm what you'd call a happy loner.

"Megan's complaints about my so-called 'boundaries' make me angry. I also hate that she questions [illegible] about everything I do around the house. Yes, I'm guilty of yelling, cursing and giving her the silent treatment. My communication skills definitely need improvement. But the more she pushes me, the more I push back and the more unhappy we become.

"I know Megan wishes our marriage were more traditional, but I was surprised that she threatened divorce. Although I'm skeptical about couples counseling, I'm willing to try. I love Megan, and I can't imagine my life without her."

[illegible] one that I call the 'universal law of marriage,'" the counselor said. "Often, traits that draw people to each other end up driving them crazy. During their courtship, Tom was more attentive to Megan than he is now, but he still exuded a certain distance that she found attractive. After all, Megan was content to stay in a long-distance relationship for four years. In their marriage, Tom has taken that distance to an extreme. Yes, Megan is entitled to have more closeness, but Tom's reasons for establishing some boundaries make sense.

"Despite their problems, I felt they were a good match. Megan and Tom are intellectually compatible; they have similar interests and life values; and they still love each other.

"First, I explored the link between their behaviors and the attitudes they developed from their parents. Megan wanted a rational and stable man—someone unlike CONTINUED

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mother; she [illegible] that wasn't steeped in emotional turmoil. As for Tom, [illegible] for a caring [illegible] wouldn't try to run his life—someone unlike his controlling father. The problems you had in childhood with one or both parents can have a profound impact on whom you choose to marry. In fact, it's typical to try to find someone who doesn't remind you of the parent whose behavior brought you pain. Megan knew what she didn't like about her mother; Tom knew what he didn't like about his father. So both looked for a mate who wouldn't replicate the hurt they experienced as children.

"After examining their pasts, Megan and Tom became more tolerant of each other's viewpoints and behaviors. More importantly, they also were willing to compromise. Tom had been afraid that if he acquiesced to Megan on some things, she'd end up controlling everything in his life, as his father once did. I told him, 'Megan doesn't want to control you. She just wants more closeness—and that's reasonable.'

"As for Megan, she had to accept that Tom is a distancer by nature, and that he can't compromise on everything. For example, Tom wouldn't budge on combining their assets because of Megan's freewheeling spending. He also declined to share a bedroom until Megan was willing to do something about her snoring, which was likely exacerbated by her weight gain. 'If your husband makes a few changes, will that be enough to save your marriage?' I asked Megan.

"Ultimately, Megan decided she was willing to accept what Tom was willing to give. 'I'd rather have more emotional intimacy in my marriage than share a bank [illegible],' she said.

"When it came to compromises, Tom agreed to have dinner with Megan on the weeknights she was able to come home by 6 P.M. He also agreed to watch a sitcom or drama of Megan's choice with her every night. And he began to walk the dog with her in the evening. This gives them the chance to discuss subjects of mutual interest, such as politics, movies and music, which satisfies Megan's need for conversation. What's more, Tom agreed to accompany Megan to events at church, which improves their social life.

"Meanwhile, Megan is dieting so that she'll be more physically attractive to Tom; she's dropped 10 pounds, and Tom says that he is indeed more attracted to her. She is also investigating treatment options for her snoring; until then, they continue to sleep apart. As for sex, in therapy sessions they are addressing their sexual issues in an effort to improve their physical intimacy.

"Finally, I encouraged the couple to modify their communication styles. Megan needed to better articulate her needs. She was so afraid of conflict that she wouldn't ask Tom for what she wanted. Her style was to stew in silence—and then register a hit-and-run complaint, which would cause Tom to explode or shut down. Megan learned how to say, calmly and rationally—the tone Tom understands best—'Such-and-such is important to me, and we must work through it.' Now that she

> Tom agreed to spend more time on walks—and talks

speaks to Tom in a manner that he [illegible] spects, he no longer dismisses her concerns, and he reacts more empathetically.

"By working hard in treatment, Megan and Tom's relationship has improved dramatically. 'I now see Tom's positive traits, and he's more fun to be around,' Megan said recently. Tom agreed, adding, 'We've both changed with therapy. Megan is less angry, more upbeat; I'm less rigid and much happier. We're rediscovering each other all over again.'"



"Can This Marriage Be Saved?®" is the most popular, most enduring women's magazine feature in the world. This month's case is based on interviews with clients and information from the files of Stephen J. Betchen, D.S.W., a certified sex therapist and licensed marriage counselor in Cherry Hill, New Jersey, and author of *Real-Life Relationships: Q's & A's About Love, Sex, and the Dynamics of Couples.* The story told here is true, although names and other details have been changed to conceal identities. "Can This Marriage Be Saved?" is a registered trademark of Meredith Corporation.

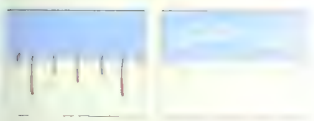
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She Didn't Feel Appreciated

After Nikki quit her job to stay home with the kids, she felt her husband, Dave, didn't give her the respect she deserved



"Now he calls me on the phone to say, or even sing, 'I love you,'" says Nikki with husband Dave

When she married her husband, Dave, a consultant, in January 1994, Nikki Leonard loved her job as an elementary-school teacher and basketball coach. Before their first anniversary, she got pregnant and Dave landed a better job in Denver, so the couple moved to Colorado from Montana. Nikki agreed to take a break from her career to raise son Trey and later, daughter McCadden. "I threw myself into being the best mom I could be," said Nikki. But after two years, she still had misgivings about having abandoned her career and started to resent Dave for spending more time working than with his family and for not doing his share of housework. Worse, she felt he didn't value her role as a stay-at-home mother. "He'd laugh when I made cookies from scratch and tell me just to go buy some at the store," Nikki said. "That may sound trivial, but it made me feel he didn't respect my efforts." Dave contends that Nikki took her role as "Super Mom" [illegible]ist," Dave said. "[illegible]d and she'd say we had a big craft project to work on or [illegible] chores to do."

[illegible]ed they seek counseling [illegible] Ph.D., a clinical psychologist in Denver, helped Nikki verbally express to Dave her [illegible] and say what she needed from him. Dave, in turn, began to spend more time with Nikki and the kids and made a point of telling her that he appreciated her. As a result, Nikki was able to make peace with her decision to stay home. Now, nearly four years later, we caught up with Nikki, now 35, and Dave, 45, to find out how they're doing.

Nikki: In fall of 1998, Dave got a new job as chief technology officer, and we built our dream house in a very nice neighborhood. All the other moms here are on hiatus from their careers, too, so I fit right in.

Dave: Nikki still bakes cookies from scratch, but now I'm proud of that. I help her. Trey and Maccy decorate the cookies, and I join in on the craft projects. It's great family time. The biggest change, though, is that Nikki is now a volunteer basketball coach. I love how good that makes her feel.

Nikki: It's wonderful—I'm doing what I feel passionate about. And there's a waiting list for kids to get onto the teams I coach. That's a big compliment.

Dave: I won't say we never argue. But in counseling we learned to stop fighting dirty and make each other laugh instead.

Nikki: I used to call Dave a jackass but now I'm only allowed to say "bobcat." That's the mascot for my rival college's team. It cracks us up and diffuses the tension. Then we can talk things over.

Dave: For example, my new job involves a lot of traveling. We discussed the situation calmly and our solution is that when I'm home I'll spend time with Trey and Maccy so Nikki can have some time to herself.

Nikki: That's great: it shows me that he knows my role is as key as his. Maybe I'll go back to work someday, but I feel good about our life now.

Dave: And so do I.

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BY SONDRA FORSYTH





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PERSEVERANCE

– VALERIE VIGODA
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how they met



Full-time Floridians Ron, 49, and Ena, 35, got married on the beach in Boca Raton with Olivia, 5, along for the festivities

Ena Petersen was deathly afraid of flying—until she met a sensitive flight attendant, Rondal Jackson, who made her heart soar

On the Wings of Love

BY NANCY KALISH

Ena: It was November 2002, and my 4-year-old daughter, Olivia, and I had been through a trying year. I was finalizing my divorce from her father and felt emotionally drained. So I booked us a flight to visit some friends in Connecticut. Now, as it happens, I am not the world's best flyer. I tend to dig my nails into my own flesh (a hypochondriac's perfect weapon). "Is this plane supposed to do that?" But on this trip, I resolved to stay strong for Olivia. And I succeeded—until Ron [illegible]. I'd read somewhere that if you're nervous, watch the flight attendants. As long as they're calm, everything is fine. So as the plane began to taxi, I started gazing at the one closest to me. He certainly was distracting, with his big muscles and killer smile. He caught my eye, and I thought, Uh-oh. I'm stalker-staring! But if I stop, how will I know if something is wrong?

Ron: I'd noticed Ena as soon as she boarded. I thought, She's beautiful, but, man, she looks scared. She was gripping the armrests so hard I half expected the fabric to come off. Having this gorgeous woman glue her eyes on me was a little disconcerting, but I can't say I minded. I wasn't assigned to her section, though, so I couldn't really talk to her.

Ena: Once we were in the air, I got busy taking care of Olivia. Then, about halfway through the 2½-hour flight, I took some vitamins and washed them down with coffee. Major mistake. I hadn't had anything to eat yet, and those tablets hit my empty stomach hard. CONTINUED

how they met



Ron: I was passing by and noticed she looked sort of green. So I asked, "Are you okay?"

Ena: I shook my head, then uttered that classic pickup line: "Do you have any ginger ale? I think I'm going to throw up."

Ron: I was back in a flash with soda and a barf bag—my first gifts to her.

Ena: Oh yes, very romantic. In truth, he did seem concerned. But I wrote it off as a "we don't want any vomit on our plane" expression.

Ron: Hey, I used to be a drill instructor in the Army's military police. A little barf never bothered me. But I could see she was really suffering.

Ena: The ginger ale worked, thank heaven, and I didn't need the bag. When the flight was finally over, I couldn't get off that plane fast enough.

Ron: I'd been divorced for several years and noticed she wasn't wearing a wedding ring, either. So on the spur of the moment, as she was practically sprinting off the plane, I handed her my business card and mumbled, "Please read this."

Ena: I stuck it in my pocket, assuming it was just standard Southwest Airlines procedure. It wasn't until later that day that I read his note: "I would enjoy talking to you if at all possible." I was floored. That night at dinner, I asked my girlfriend and her husband for advice. She said, "Call him." Her husband's take was that Mr. Beautiful had a girl in every port.

Ron: That was so unfair! But I like the "Mr. Beautiful" part.

Ena: After 10 days of going back and forth, I called and left a deliberately vague message. I doubted he'd remember me, since I'd convinced myself he gave out his card to everyone with a uterus. Twenty minutes later, my cell phone rang. I told him, "You probably don't know who I am . . . "

> "As she practically sprinted off the plane, I handed her my card and mumbled, 'Please read this.'"

. . . and I said, "I know *exactly* who you are! You and your daughter were on a flight from Orlando to Hartford a week and a half ago."

I was floored again.

Well, contrary to popular opinion, I'm not in the habit of giving my card to hordes of women—or any women at all. She was the first.

And the last, I hope! That night we talked for an hour, and the same kindness I'd seen on the plane shone through again. Ron was a really good listener—and a good talker, too. He was based in Orlando, not far from where I live, so we made a date for lunch the next day. By the time we got to coffee, we both felt a connection. Still, I wanted to take it slow. I waited a few weeks before inviting him to have dinner with Olivia and me.

I was really nervous. By then, I knew Ena was the woman I'd been looking for. She was witty and smart, and clearly a great mom. And have I mentioned that she's gorgeous? I'd fly to Italy just to have a date with her. So I worried—what if Olivia didn't like me?

Ena: As we entered the restaurant, Olivia said, "Look, Mommy, the man from the airplane." I couldn't believe she recognized him. I took it as a sign.

All I can say is "Whew!"

I'd always heard grand, romantic stories about people suddenly knowing they've met "The One." At that dinner, something shifted in me. It took me a few weeks to realize that that "something" was having finally met "The One." We got married 10 months later. He's a wonderful husband. He's so affectionate with me and Olivia, and I can tell that he's always thinking about us. It doesn't hurt that he has 21-inch biceps *and* likes to clean house—though he's a little obsessive about ironing. He even does Olivia's play clothes.

Ron: It's a habit from my military days. Plus, it's my way of showing Ena how much I appreciate her.

He can appreciate me all he wants! Now that we're married, I'm a much more frequent flyer. I'm still not a big fan of airplanes, but whenever I get nervous, I just squeeze Ron's hand and know that everything will be fine.

Got a great story about how you and your sweetie met? Send it to us via e-mail at: lhj.howtheymet@meredith.com. We'll pay $100 for any stories we publish.



Family Vacations With Heart

Looking for a new idea for a family vacation this spring break? Consider taking a "volunteer vacation," a trip where you don't just see the world, but try to make it a better place. Recently, volunteer vacations have been growing in popularity and now many groups have gotten into the act. One of the most popular trips is the Habitat for Humanity's Global Village program, which sends vacationers to foreign countries on short-term home-building projects. Other volunteer trips, many of which are perfect for families, could find you assisting researchers in analyzing animal behavior, doing archaeological excavation or teaching English in remote parts of the world.

Volunteer vacations, some of which have minimum age requirements, range in price depending on the program and destination you choose. For more information, visit the Volunteer America clearinghouse at [illegible] *.net/vacations.htm.*

–Francesca Di Meglio



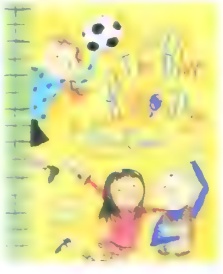
Remember doing pull-ups in gym class to earn a Presidential Fitness Patch? Now, your whole family can earn a Presidential Active Lifestyle Award by exercising together. For more information, go to *www.presidentschallenge.org.*

Celebrities Pick Up the Pen

Madonna isn't the only celebrity who makes writing children's books seem like child's play. By the time her third book comes out this June, other celebrities will be vying to be the author of your child's newest bedtime favorite. Here are some titles to look for:

• **Madonna's** *Lotsa de Casha* tells the story of the richest, most miserable man in the world who discovers the secret to happiness (June, ages 6 and up)

• Based on a true story from **Jay Leno**'s childhood *If Roast Beef Could Fly* is the talk-show host's humorous tale of a backyard barbecue disaster. (March, all ages)





• The characters from **Katie Couric**'s first book, *The Brand New Kid,* learn about self-confidence in *The Blue Ribbon Day.* (April, ages 3 to 8)

• *I Already Know I Love You* by **Billy Crystal** describes the anticipation of becoming a grandfather. (April, all ages)

• **Emeril Lagasse**'s cookbook *There's a Chef in My Family!* is filled with treats kids will love to make. (April, all ages)

• In *What's Happening to Grandpa?* **Maria Shriver**'s third kids' book, Kate learns about Alzheimer's as she helps her sick grandpa. (May, ages 6 to 9) *—Megan Cherkezian*

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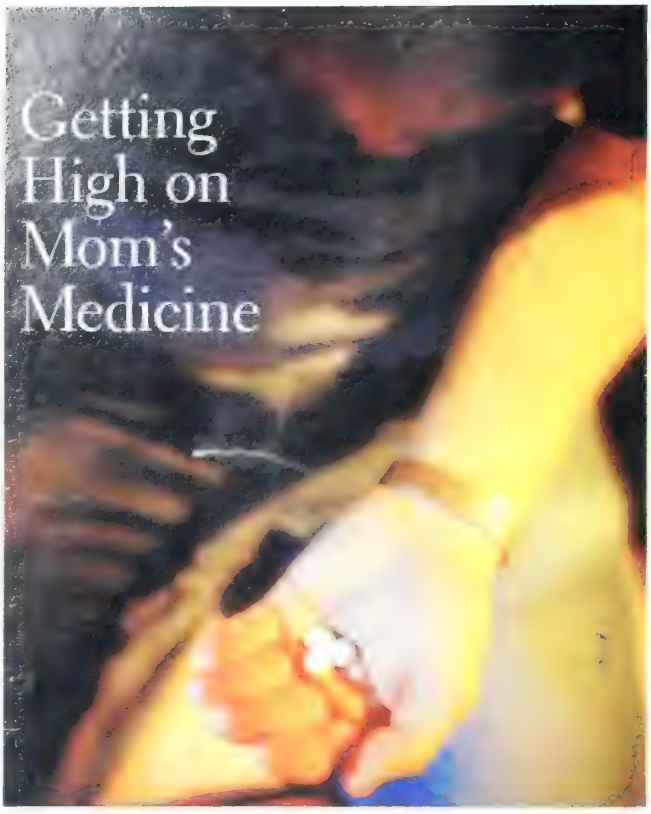


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Getting High on Mom's Medicine

The number of teens abusing ill[illegible] dropped [illegible] in the past [illegible] according to reports from the U.S. Department of Health, but the [illegible] may be premature. Many kids are getting high on legal medications–from over-the-counter cough medicines containing DXM (dextromethoxpan) to painkillers such as Vicodin. (In another survey, 8 percent of 12- to 17-year-olds used prescription medicines for nonmedical use.) Scariest of all: "A parent's prescription is the most likely source," says M. David Lewis, M.D., medical director of Visions Teen Treatment Program in Malibu, California. Dr. Lewis recommends that parents throw out outdated prescriptions and hide current ones, carefully monitoring the amounts. Symptoms to watch for in your teen: insomnia, weight loss, irritability and agitation, and mood swings. "Dumping an intensely psychoactive drug into a teenager's developing brain is like a chemistry experiment," says Dr. Lewis. "The damage can be devastating." *–Caroline Stanley*

TEEN TANNING WARNING

Convinced they look better with a tan, 2.3 million teens visit tanning salons, often several times a year. "Teens are concerned about their looks," says Rex Amonette, M.D., past president of the American Academy of Dermatology, "and when you're 17, the 25 years it takes for cancer and aging to show up seem a long way off." Since most of a person's lifetime exposure to UV radiation occurs before age 18 (just from being outdoors), an adolescent who visits tanning salons is getting an outsized dose. Plus, UVA rays from tanning beds can be up to 10 to 15 times stronger than the sun's.

If your teen insists on having that glow, suggest self-tanners, which no longer streak or turn your skin orange.

–Catherine Winters

Summer Jobs With Real Rewards

With summer vacation looming, many teens will be seeking that elusive perfect job–most likely in vain. "The economy has bounced back somewhat, but the teen job market has not," says Bonnie Drew of YoungBiz *(www.youngbiz.com)*, a company that trains young entrepreneurs. The proportion of 16- to 19-year-olds with summer work has declined 9 percent since 1994. But for teens who want a job, Drew has some advice: Create your own.

The first step: Help your teen identify her skills. Has she cared for younger siblings? Does she have experience in yard care? Could she coach a sport, give music lessons or tutor math students? "This evaluation helps kids recognize what they know how to do, what they're good at, what they like to do and what people are willing to pay for," says Drew. Even if the resulting business never produces profits, it's a valuable educational investment.

Don't fret, though, if your young entrepreneur fails at or loses interest in his venture. "The key point is to encourage an entrepreneurial attitude," says Doug Miller, of the Ewing Marion Kauffman Foundation *(www.kauffman.org)*, which promotes entrepreneurship through education. "What matters is that your child understands what she did, right or wrong, to make the business work."

–Irene S. Levine

Find more advice on dealing with your teen at www.lhj.com/teens



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got milk?



Kids Behaving Badly

When disciplining teens, you gotta be tough—or you're toast!

BY GERRI HIRSHEY

[illegible] the domestic pressure cooker whistles its loudest, shrillest alarms at about 6 P.M. on school nights. The math book has flopped over onto the marinating flounder. Somebody needs to sculpt the Hanging Gardens of Babylon in hypoallergenic, biodegradable modeling clay—by tomorrow. The end-of-day demands are taxing, but I boil over only when the bickering starts:

"You moldy-cheese poophead!" (mom Lila, 11)

"Idiot!" (Sam, 14)

"Stop it *now* or I'll . . ." (Mom, old enough to know better)

"Or you'll *what?*" (Sam, living dangerously)

What indeed? How many times have I been caught waving an empty threat like some kitchen Keystone Cop? How often over the last decade have I held disciplinary huddles with my husband, Mark, to ensure that two basically well-behaved kids stay that way? In an age when the moral ground shifts [illegible] we've rewritten the playbook more times than the wiliest NFL coach.

"Gotta stay nimble," I tell Mark, "or they'll be all over us."

Bad behavior can be chronic (a bedroom so messy it's a biohazard) or episodic (the supermarket meltdown). But either way, there should be clear and exacting consequences. I am forever on the lookout for effective tools of discipline somewhere between the unthinkable hickory switch of yore and the kindest, gentlest "time-out." Sure, I've read a clutch of parenting books and some are even helpful. But relying on them in the clinch is like trying to land a sputtering 747 from a manual. So mostly I read my kids. Herewith, a few guidelines that have been field-tested with mixed, but worthy results.

Rule one: Do the math, babe. No discipline can work well unless kids understand the connection between their actions and the penalties. Make them know that A (letting your sister's boy gerbil into the girl gerbil's cage for a forbidden visit) plus B (ending up with a dozen more gerbils to feed) will lead to C, as in consequences. No matter the infraction, have them work out this little equation aloud. It adds up to the same message every time: *You* did this, bub.

Rule two: She who hesitates is toast. Dithering can be deadly. Unless instantly checked, the above described 6 P.M. bickering escalates quickly into a howler, with Mom bellowing in an unworldly voice at the miscreants. So I've developed a well-honed arsenal of consequences that can be instantly deployed to lock in on specific targets: "Sam, no Internet for three days. Lila, no *7th Heaven*, even in rerun." Meet protests about said penalties with a calm, but ominous comeback: "So you'd like me to double that?"

Rule three: If the program is not working, upgrade. Just like last year's software, modern discipline needs careful and frequent upgrades CONTINUED

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...appropriate and user-...
...was more of a punishment for *me*.")
...obsessive car nut in nursery school, confiscating his ...of Hot Wheels was the ...to restore his ci-...
...to behavior correction. Handily, my kids' "Wonder Years" have coincided with the dawn of the Information Age, which has brought new and multiple meanings to the phrase "you are *so* grounded." Thus, we've settled on a sliding scale of electronic deprivation: Code Yellow, no Internet; Code Blue, no Internet, video games or computer; Code Red, the ultimate unplug, right down to phone and TV.

Rule four: Dare to go where no mom has gone before. Shock value is generally the kids' specialty—an unexpected burst of profanity, a public tantrum. But they can also be stunned back into good behavior with a walloping dose of their own medicine. One mom I know, maddened by whining, secretly taped her darling's worst performance and made her listen to it over and over. My neighbors hatched a genius shock tactic to deal with their daughter Frankie, a noisy drama queen given to slamming her bedroom door: After one especially seismic *blam*! the next sound heard was the ...ute squeak of Dad's screwdriver, taking down her weapon by its hinges. The message: You own ...as long as you shatter family tranquility. Frankie's door ...as her indignation peaked; the standoff was tough on everyone but, says her mom, "It really worked." When they went to see *Freaky Friday*, the family roared as Jamie Lee Curtis tamed her teen she-wolf the same way.

Rule five: Beware the no-fly zones. Twice, we've gone over the edge with tactics that hurt more than they helped. The first time, Sam was about 3 and misbehaving badly, so we took away his "comfort object," Kitty, a hideous stuffed cat. Sam, who loved Kitty beyond measure, thrashed, kicked and foamed, all the while keening piteously, "Kitteeeeee." Mark swatted him on the bottom in an effort to bring him out of it. The scene ended with Sam sobbing himself into exhausted sleep and the adults sick to our stomachs. We never messed with Kitty again.

> Never, ever cut a child's hair in anger—or after two cups of coffee. The one time I did I was overcome with shame

Though I didn't realize it soon enough, Big Mistake Number Two was a replay of my own childhood trauma: mother-daughter squabbles over hair. Lila and I had been tussling for days over a haircut (me pro, she stubbornly anti). One morning, when her wispy, matted bedhead conjured Raggedy Ann by way of Don King (and she refused to comb it), I marched her to the bathroom for a trim. Never, ever cut a child's hair in anger—or after two cups of coffee. Lila went sniffling down the driveway with a chewed-looking bob as I watched her tiny, slumped figure disappear. I spent the day overcome with shame; when Lila got home she found flowers in her room with a huge note: "Mom is *so* sorry."

Rule six: Sometimes, you can go home again. Not all retro discipline is inappropriate today. Some tactics can seem shiny and new again, like high-top sneakers and reissued Lincoln Logs. Sam's pal Mike was dumbfounded when, after an especially vicious sass, his parents sat him down with (gasp!) paper and pencil and forced him to write—in longhand, no computer slang shortcuts—"I will not disrespect my loving parents," 75 times. His fingers cramped, he heaved and sighed. "It worked," reports his mom, who says she has merely to hold up the yellow pad and #2 pencil and Mike will cringe and jibber, "Not that, no! Please, Mom, I'm really, really sorry."

Sometimes you just need to hear that little phrase of contrition. And when I'm at my wit's end, I invoke my own retro penalty—The Royal Ritual Apology. My kids must deliver it on bended knee, or suffer the dreaded ultra-tickling "Rain of Noogies" from the maternal knuckles. Either way, we all end up laughing. (A final corollary: It never hurts to burlesque the bad times.) As they recite their penance, their little voices are music to my weary ears: "*We're so sorry, O beautiful and powerful queen.*"

Do you have advice or comments for Gerri, or stories to share? Write her at: ...

For more discipline do's and don'ts, go to: www.lhj.com/parentingexpert



ott tissue's thousand sheets last so long. There's always enough to go around.



Common Sense on a Roll.

Saving Summerfield

When Summerfield's Community General Store started to fail, residents worried that it might mean the death of their small Kansas town—until a group of determined women stepped in to save them both







"You can get everything you need in three aisles," says Cherie Frazee (far left, checking out regulars Leonard and Irene Frerking) as her fellow co-owners Becky Wiebe (left) and Laura Schell (above) tend to other store chores

Each Sunday at Summerfield's Community General Store begins each Sunday at 9:15 A.M. when church lets out. In preparation, Becky Wiebe puts on a pot of coffee and does a final spot check of the store's three jam-packed aisles of groceries while Gay Frazee straightens the eight carts—four mini, four regular—and hurries to unlock the front door.

Over the next two hours, many of the 211 residents of this rural Kansas town will stop by the store as part of their Sunday ritual. They come to buy last-minute fixings for Sunday supper, to stock up on staples, and to catch up on town news before heading back to their farms, some as far as 15 miles away. Others, like the Fisher kids, come to fill tyke-size sacks with penny and nickel candy; some check out the latest auction bills posted on the bulletin board.

Incredibly, it was only a little more than a decade ago that Community General—the heartbeat of Summerfield ever since the store was established more than 100 years ago—almost ceased to exist. The owner could no longer turn a profit, and in 1991 he put it up for sale. No one was interested in buying. It's a sad story that has become common in rural states such as Kansas where small towns are becoming even smaller as residents move to cities to find jobs, and mom-and-pop shops are replaced by national superstores. Summerfield residents feared that without the general store, folks would have less incentive to shop downtown, and business would then drop off at the café, the post office and the rest of the shops on Main Street. It could even, they feared, mean the end of Summerfield.

But not if Rosalie Meybrunn could help it. When Meybrunn, 64, a lifelong resident and an administrator at a nursing home, saw the "For Sale" sign hanging in the store's window, she rounded up some friends and family—seven women in all—and convinced them to buy the shop to save the town.

"It would have been 30 miles to the nearest supermarket CONTINUED

BY MARTI ATTOUN



Febreze has the muscle to sweep

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Febreze everyday

former hairdresser. [illegible] Summerfield couldn't have survived that."

[illegible] of being put up [illegible] Women chipped in [illegible] stock in the store and [illegible] loan to make up the difference. Most [illegible] women worked without pay [illegible] their regular jobs until the grocery got off the ground. Residents buzzed with the news of the purchase, but many of them were skeptical. "Several of the men in town said that seven women could never get along well enough to reverse a failing business," recalls Cherie.

The women, however, knew better. All of them had grown up together, except Wiebe, 43, a bank teller who married into the Summerfield community 23 years ago. They all attend Catholic church together except for Gay, 43, the lone Protestant. Cherie, a teacher, used to baby-sit the youngest partners—Mary Smith, 37, an accountant; Laura Schell, 39, a nurse; and Linda Thomas, 41, a school secretary. Getting their schedules to mesh was a logistical nightmare, but the women figured it out.

Their efforts paid off. On July 1, the friends celebrated their 12th year of running Community General. They paid back their loan in the first two years, and in 2002, for the first time, they made a profit, which they split among them. Today, owner Cherie and manager Sherryl Burger, 48, who joined the gang in 1993, run the store full time. The other six [illegible] pitch in when needed, such as [illegible] weekend when they emptied [illegible] store to lay carpet over the 100-y[illegible] old hardwood floors.

These women really know th[illegible] customers. When resident Do[illegible] Glynn had surgery last fall, she s[illegible] her husband, Leo, to the store for [illegible] When he wasn't looking, Gay tuck[illegible] a complimentary can of sardines [illegible] his bag with a note: "Surprise" [illegible] "Doris loves sardines," says Gay. [illegible] another show of neighborliness, t[illegible] women kept the store open when t[illegible] electricity went out during a blizza[illegible] in February 2001—despite pitc[illegible] darkness. Where else would reside[illegible] buy salt, batteries and other basi[illegible] they needed to weather the storm?

Even though all the partners are[illegible]



olved in the day-to-day run-
ıg of the store anymore,
ey still meet frequently to
cuss big decisions, such as
: Too-Big-Freezer Purchase.
meone ordered a freezer that
hoops) was wider than the
ınt door. Should they send
: freezer back? Executive de-
ion: Nah. They just hired a
ndyman to make the door a
: bigger. Delivery mix-ups
ve caused chuckles, too, such as
e week an unordered case of con-
ıms arrived from the supplier. They
turned them. Says Cherie, "No
ɔdy would buy them; everyone
ıows everyone in this town. They'd
: too embarrassed!"

Even early in the morning on Fri-
ıys, as they unload the delivery truck, the women's laughter rings out. They joke about working off the calories to savor their reward: the platter of peanut-butter twists that the elementary-school cook makes them when they drop off her weekly milk delivery.



Summerfield's saviors (from left to right): Becky Wiebe, Gay Frazee, Rosalie Meybrunn, Linda Thomas, Sherryl Burger, Laura Schell, Mary Smith and Cherie Frazee

Sweet thank-yous like that are everyday happenings here. Ron Steuer, a retired airline employee who moved to Summerfield from Chicago three years ago for a relaxed pace of life, made his favorite grocers a platter of homemade date cookies as a thank-you for their collective contribution to the town. As he waited to pay for his box of cereal, Cherie handed him back his empty, clean platter. "This store is the genuine article here, true Americana," Steuer says. "These women didn't just save a store. They saved a town."





My Hair, My Self

For men, hair is a deadly serious business. It's at the root of our self-confidence, sex appeal, security and self-esteem. Just don't expect us to talk about it

My wife pulled me aside very conspiratorially during a recent weekend with my in-laws. She and her two sisters, she said, needed some "private time." They were wondering if I could do something with the kids—my nephew and three nieces—for a couple hours. I figured they needed to discuss the imploding marriage of Diane's older sister. So I took all four kids to the movies and then to John's Plain & Fancy Diner, where a slice of pizza somehow ended up on my nephew, Eli's, back.

When we returned, I wandered into the kitchen to find out why the sisters needed all this private time. Before anyone said a word, I knew.

They had different hair.

BY STEPHEN FRIED

Their four hours had been spent sipping champagne and giving each other highlights.

Now, most guys wouldn't have minded this. They would have appreciated the finished product and probably enjoyed conjuring up the provocative image of three babes—and these three are—guzzling bubbly and doing each other's hair, perhaps in various stages of undress.

But I was annoyed. Though not for the reasons you'd think. As the "cool uncle," I actually enjoy taking the kiddos out. I was annoyed because I've been lobbying my wife to *stop* coloring her hair. I'm one of the minority of husbands who actually likes silver-haired women. (You'd think this would be a welcome fetish in any marriage, which just shows how much I know. Turns out, women do their hair for each other, not for us.)

But, more than that, I CONTINUED



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04 Kellogg NA Co

...ly serious busi-
...n ingrown toenail.
...nt with their hairstyles—
...es to the point of abstract
...ssionism—men generally get one
...wo hairstyles in their lives. In many cases, that second hairstyle is an involuntary—and mortifying—one.

My best friend started losing his hair in his early 20s. I didn't know how he felt about it because it's one of the only subjects we have never, ever, discussed. I recently asked him what it was like for him to lose what I'd guess has been about one-fourth of his hair. Normally chatty, he responded tersely, "Losing my hair feels like the antithesis of losing my virginity." When asked to elaborate, he refused, mumbling something about "denial even of the denial."

Another friend, Mike, says the real problem is that hair loss is the only aspect of male body image that can change drastically and involuntarily at a point in your adult life when you think you know pretty much how you look. So it's the change, the way you no longer look like yourself, *to yourself*, that gets to you. You spend your whole life short or tall, with a big nose or a small penis. Weight rises and falls, ...that's generally your fault and in your control. The grim hair reaper comes when least expected.

I have been damn lucky in the hair department, inheriting a very thick mane from my father's side of the family. When I was ... losing ... I ... cided to grow mine longer—and discovered it had a life of its own, full of dramatic waves and flourishes. Then I met Diane, who liked my hair long and actually encouraged me to grow it even longer. My hair soon became my most identifying and noteworthy physical characteristic.

Now people actually stop me on the street, or corner me in the elevator to tell me they like my hair or ask who cuts it. And my haircuts have been known to generate commentary among family, friends and guys at the gym. My wife usually thinks it's been cut too short. My mother always says she thinks it's still too long. And then she says it again.

To me, length is no longer the issue. Over the past few years, my hair has gone almost totally gray. I suppose this would bother some 46-year-olds. Me, I'm happy to have this much hair of *any* hue. I still look like myself to myself in gray hair. So far, I've been able to handle the increase in people referring to me as "sir." I'll see how I react the first time someone says I look "distinguished." (That's a comment gray-haired men get much more often than gray-haired women, a gender prejudice my wife occasionally—and justifiably—rails about.

Since men take their hair seriously, we have very involved relationships with those who cut it. I've been with Charles for more than 15 years. Although he has, in general, supported my hair goals, he once suggested I rinse my gray out. Glaring at him, I told him we would never speak of this again.

Recently, however, I had my fi... real hair worry. Guys with long th... hair shed, just like sheepdogs. But ... the last few months, I've had mo... hair than usual in my brush, or be... picked off my sport coat by my wif...

This is not something I can co... plain about to my male friends, especially those less hair-fortuna... than I. And whining to Diane does... help, either. First she claimed s... didn't notice it. Then she said s... didn't care if all my hair fell out: s... would still love me.

I can't decide which answer ... worse—or less true.

Perhaps this is my punishment fo... being, yes, a little hair smug all thes...

For men, it's the change . . . hair loss means you no longer look like yourself, *to yourself*

years. My theory, however, is that thi... slight hair-thinning is temporary, caused by my low-carb, 3-D House o... Meat Diet Plan. And as soon as I have ... the courage to go off the diet (and gain ... all the weight back in two weeks), I'll ... be fine. But, in the meantime, I went ... to Charles for a follicular physical.

Charles stroked my hair—not to ... calm me, but to closely examine my ... scalp. He said I was fine, and that he ... felt lots of new little sprouts down ... there. I need to believe him. I need to ... believe that something extraordinary ... is possible.

Next month: What my contractor taught me about marriage.

Have advice or comments for Stephen? E-mail him at the.herototalnewhusband@meredith.com, and read more about him at www.lhj.com/stephenfried

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Waiting for her husband to come home is hard, says Caroline Joyce, with daughters Samantha, left, and Elise. "But Fluffy's helping us"

A Soldier's Best Friend

Sgt. Russell Joyce recruited a scrawny stray in Iraq to help protect him and his special forces unit. Now the canine hero waits with his new family for his master's return

BY JEANNE MARIE LASKAS

The last time Caroline Joyce, 33, a special-education teacher in Fayetteville, North Carolina, got a call from her husband, she desperately tried to figure out how to use the speakerphone feature. Her husband, U.S. Army Sgt. 1st Class Russell Joyce, has been stationed in Afghanistan, and his calls don't come often. "Fluffy's right here," she said, meaning their 70-pound German shepherd. "He wants to hear your voice." She fumbled with the buttons, but couldn't get the speakerphone to work. "I'm so sorry, Fluffy," she said, holding the receiver to the dog's ear. "Can you hear him? It's him!" Joyce knows the dog longs for her husband, perhaps as much as she and their daughters, Samantha, 12, and Elise, 7, do, but in a way that only friends who have protected one another in war can understand.

Fluffy first came into Sgt. Joyce's life in March 2003, while he was working to topple Saddam Hussein's regime with his Special Forces unit in Iraq. These elite troops work behind the scenes, often in enemy territory, setting up camps as they go. They decided they needed a dog to keep guard over their compound. Trained to improvise on the battlefield, they didn't requisition one through the system, but instead asked their local allies, the ethnic Kurds, to find them one. The Kurds came back with a scrawny German shepherd, about 2 years old, malnourished, scarred, with missing teeth. While some soldiers doubted his potential as an attack dog, Sgt. Joyce accepted the challenge of training him. He named him "Fluffy" because he was anything but. He fed the bedraggled canine his own rations of chicken, rice and mutton. He allowed him to sleep in his tent. He grew to love him.

Soon enough, Fluffy bonded with the men. He protected the commando team while they slept, waking them at any suspicion of intruders, and one time chased a stranger over a fence, tearing off his pants. Together, Sgt. Joyce and Fluffy survived gunfire and a minefield as the unit fought for control around Mosul. "I got letters from Russell about Fluffy," Joyce says. "He could never tell me much about his missions, but he told me all about this amazing dog. And I remember thinking, How is he

CONTINUED ON PAGE 56

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come home from Iraq, he called his family. Fluffy home." "It that call came in ally register," Joyce re- up the next morning thought. Did he tell me he's bringing that dog home?" She was concerned for her daughters, not to mention their two cats. "This was an *attack* dog!" she says.

As it turned out, the military refused to allow Fluffy to leave Iraq with Sgt. Joyce when he left in May 2003 since Fluffy was not an official military working dog. "Russell was crushed," says Joyce. "Russell said to me, 'Our motto is, Never leave a fallen comrade.' He said, 'I'm not going to leave him there to be killed. It's just not gonna happen.'"

So from the moment he got home, he started his campaign. He had found temporary quarters for Fluffy with the 506th Security Forces Squadron, a dog-handling team stationed in Iraq. But the unit couldn't keep Fluffy for long, and Sgt. Joyce feared he would be euthanized or abandoned. He wrote to the U.S. War Dogs Association, a group of former GI dog handlers. "The letter went out on the Internet asking people to write to the Pentagon," recalls Joyce, "and our phone didn't stop ringing. Most callers were Vietnam vets, many of them sobbing, telling us about the dogs they had left behind."

Military working dogs used by the Army since World War I, but it was in World War II that dogs truly became heroic. More than 4,000 dogs served in Vietnam and are believed to have saved 10,000 U.S. soldiers; by the end of the war, barely 200 came home. "These men were bereft at leaving their dogs behind," says Joyce. "They didn't see them as animals, but as friends and fellow soldiers. They said, 'We can't let this happen again!'"

Thousands of letters and e-mails went to the Pentagon in support of Fluffy's return, and eventually the military declared Fluffy an honorary war dog and retired him, allowing for his transfer to the U.S. On June 7, 2003, Fluffy flew to Charleston Air Force Base in South Carolina. "My husband drove by himself to pick him up," recalls Joyce. Fluffy appeared traumatized by the trip; his ears were back, he was shaking, and he got in the car with Sgt. Joyce only reluctantly. "My husband was wondering if he did the right thing, if the dog even recognized him. But as soon as he thought that, Fluffy came up from the back seat and put his head on his shoulder. That's when Russell called me. He was shouting, *'He remembers me! He remembers me!'*"

Still, Caroline was worried about bringing a war dog home to live in a suburban family setting. But there was no reason to be. When she greeted Fluffy by offering him some fried chicken, he lapped it up, right out of her hands. "I'm like, this is an attack dog? He's a wimp." Fluffy soon grew ju as attached to th family, and even we with them on their v cation to Universa Studios. "My husban is, um, really close t this dog," Joyce say with knowing under statement.



Together again: Sgt. Russell Joyce greets Fluffy after arriving home from Iraq

"I'm not going to leave Fluffy behind," vowed Sgt. Joyce

When Sgt. Joyce left in November 200 for his deployment i Afghanistan, the sepa ration was predictably hard on Fluffy, who took to biting his nails, pacing and whining. "This went on for about a month," recalls Joyce. "But soon Fluffy bonded to me. Now he never leaves my side." Saying good-bye to Sgt. Joyce this time was perhaps the hardest in their eight-year marriage. "But having Fluffy here with me has really made a difference," says Joyce. "I feel good knowing I'm able to take care of this dog who helped my husband through his scary situation. Now Fluffy's helping me through mine."

And so with Fluffy by her side, Joyce waits for another surprise call from her husband—and this time she's ready with the speakerphone.

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Bursting at the Seams

What's happening to more and more households as twentysomethings don't move out, growing numbers of elderly parents move in, and kids from previous marriages vie for bedrooms. What does it all mean for the future of American families?

BY MICHAEL J. WEISS

used to imagine what it would be like once the kids grew up and started lives of their own. They were close to finding out several years ago, when their two older children finished high school and moved out of the family's four-bedroom house in Scottsville, Kentucky, leaving plenty of room for the couple and their two teenagers. But in early 2004, a family friend with two toddlers got into a bad situation and needed a new place to live; they took her in. At the same time, their oldest son, Joshua, 21, got laid off from his factory job and could no longer pay his $400 rent. Angela's reaction? She welcomed him home with his favorite dinner of barbecued ribs. "I couldn't leave him out on the street," says Angela, 39, a stay-at-home mother. "I used to worry about what having an empty nest would be like. Now I that I'll never experience it."

If the Hawses have mixed feelings about their crowded quarters, they're not alone. More and more American households across the nation are exploding in size, thanks to a combination of fac- d by a tight job market and steep housing costs, are increasingly staying apartments to move back home: Some 14 million 18- to 24-year-olds currently live with their parents—31 percent more than in 1970. Meanwhile, growing numbers of immigrants are arriving from Latin America and Asia, bringing traditions that value extended families living under one roof. In 2002, Hispanics became the largest minority group in the U.S., with 38.8 million people—in fact, between 2000 and 2002 alone, the number of Hispanics in this country grew by 3.5 million. Many are among the more than 4 million households in America that are multigenerational, an arrangement so common that sociologists have coined a name for it: the "cluttered nest."

Beyond these demographic and ethnic trends, harsh economic realities are forcing families to double up. Some 2.4 million Americans have been thrown out of work since 2001, leading many families to take in laid-off relatives. Skyrocketing healthcare costs and cutbacks in health programs are making it harder for seniors to remain independent of family care. And the burden is falling on middle-age couples—the so-called "sandwich generation."

Of course, for most of this country's history, big families were the norm. A century ago, the average household included three children. During the Depression, many extended families moved in together, pooling resources to pay rent. Grandparents commonly lived with their children until the post–World War II era, when income from Social Security bought them more independence. Then in the 1960s, the creation of Medicare sparked a nursing-home boom, and later, an increase in retirement communities and assisted-living facilities, enabling even more elderly people to live on their own. At the same time, young people tended to live with their parents until they married, found a job or headed off to college.

Then, in the 1970s, American CONTINUED



ILLUSTRATION BY ALEX OSTROY

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According to the

the average U.S.

ousehold in 2002 contained 2.58 peo-

m 18 percent decline since 1970.

THE SUPER-SIZE FAMILY

Now the swing toward smaller American families has slowed. Much of the reason has to do with the changing habits of young people, who are now delaying their flight from the nest. The median age of first marriage in America has risen from the early 20s in the 1970s to 25 for women and nearly 28 for men today. Many young adults now alternate between working and going to school, a trend that's pushed the average time it takes to complete college up to six years. "Fewer families can afford a four-year residential college," says Frank Furstenberg, Jr., Ph.D., a professor of sociology at the University of Pennsylvania. "So more kids are

Many young adults are willing to

as they

save money.

That was

for Ryan

McGoff

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Md. Ryan

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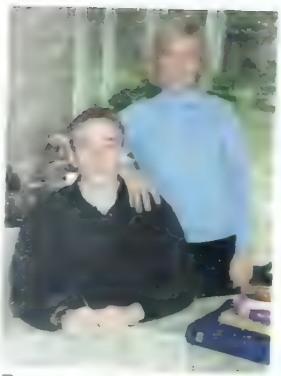
house. 20 minutes

An

honors student majoring

ss

McGoff admits that there are drawbacks to living in a suburban subdivision rather than a campus dormitory: for one thing, he's envious when his friends who attend out-of-state colleges tell him of wild campus parties. "I'll have to get my taste of freedom later," he says.



For now, college student Ryan McGoff is prepared to trade independence for money in his pocket

Such feelings of postponed adulthood are typical of young people living in cluttered nests, says Dr. Furstenberg. And the parents who take them in often have to put off plans of their own. In Kingman, Arizona, Emma Ramos hoped she and her husband, Ben, would enjoy some calm when their four children left home after high school. But a year ago, their two grown daughters returned to the nest—both pregnant, each with a fiancé and one with her two children in tow. "Solo, they couldn't make a go of it financially," says Ramos, a 42-year-old legal secretary.

> When kids postpone adulthood, parents must put off plans of their own

Today, she shares a four-bedroom, one-bathroom house with 11 other people, including 46-year-old Ben, a supervisor at a cabinet-making plant; their four children, ages 11 to 24; three grandchildren and two fiances. There are so many people living in the house that the kids and grown-ups eat in different shifts. Face time before the bathroom mirror is rarely a private experience. And there are always plenty of opinions. "A conversation with one person can quickly turn into one with nine," says Ramos.

For parents, hav
grown-up children
home can be stressf
but it also has its
wards. Back in Ma
land, Claire McGo
Ryan's 44-year-o
mother, notes that t
two have established
new relationship. "We
sit around and talk f
an hour like adults
she says. Angela Haws also enjovs t
family harmony her cluttered ne
brings. "It's great when we're a
laughing together," she says.

THE TUG OF TRADITION

People who have deep roots in th
U.S. may find the new mega-family
novelty, but for millions of imm
grants this is family-as-usual. Th
Census Bureau first counted mult
generational homes in 2000 an
found 4 million of them. This unex
pectedly high number has been attrib
uted to immigrants from countries i
Latin America and Asia, where ex
tended families living together are th
norm. A recent AARP survey found
that middle-age Hispanics were mos
likely to live with both their parents
and children, followed by Asians
blacks and non-Hispanic whites. "Fam
ily is at the core of being Latino," says
Alma Morales Riojas, president and
CEO of MANA, a national advocacy
and leadership organization for Latin
American women, based in Washing
ton, D.C. "It's a cultural value for
three generations to live together."

Aracely Martinez and her family
are a good example. Martinez, her
husband and three children arrived
in the U.S. from El Salvador in 1982,
poor and fleeing a civil war. They
stayed with Martinez's brothers in
Virginia for one month

CONTINUED


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efore moving into their own apartment. Eventually, her parents, who had previously emigrated, moved in with them, caring for Martinez's kids while she worked as a secretary during the day and took English classes at night. "My children were never alone," says Martinez, 6. "When I didn't have the time, my parents were there."

Today, Martinez has her own business helping immigrants become U.S. citizens. But her parents and her three children—now in their 20s, and two of them college students—all live together in a semi-detached house in a middle-class neighborhood. Martinez's parents speak Spanish, her kids converse in English, and she alternates between the two. "We feel lucky to have our parents and children still with us," Martinez says.

Much of her experience is similar to what immigrant groups in the U.S. have gone through for more than a century. What's different for many middle-aged Hispanic couples is that even after they have made enough money to buy a home and put their children through college, they still choose to live with their parents and offspring. Riojas says that Hispanics place more emphasis on family values than career advancement or wealth. "My mother used to tell me, 'If there's only one tortilla, then there's enough for two,'" she says. "There's a belief that you can handle a larger family as easily as a smaller one."

Will immigrant families shrink as they assimilate into American culture? Martinez doesn't think so. Her own kids have so absorbed Latino family values that it's a running joke among the Martinezes to imagine themselves as a more typically disjoined American family. "If my kids want to tease me, they'll say they're going to put me in a nursing home when I get older," says Martinez. "If I want to tease them, I'll say that when I retire I'm not going to help them raise their children and just travel all the time."

IN WITH THE OLD

As America grows more ethnically diverse, it is also growing much older. Today, the fastest-growing population segment is people over 85, and more of them are turning to their children to cope with limitations associated with aging. Some 27 million Americans provide on average 20-plus hours a week of care for their parents or elders, according to the National Family Caregivers Association, an educational and advocacy organization in Kensington, Maryland.

And more often than not, women bear the brunt of the burden. Four years ago, Cara Dignan of Ronkonkoma, New York, invited her parents to live in the ground floor apartment of her home after her father, 61, suffered two massive strokes. (Her mother, 60, has diabetes.) Dignan, who then worked as a nurse, wanted to oversee their medical care. But that has meant balancing their needs with those of her husband, an electrician, and her four children, now ages 10 months to 9 years. Most afternoons find Dignan driving her father on errands or her kids to drama club, dance team and orchestra. "I see the inside of my Caravan more than the inside of my house," says Dignan, 33, who quit her job after becoming pregnant with her youngest child, Shannagh.

Stressful as living in a home like Dignan's can be, research shows that most people sandwiched between two generations at home manage the pressure well. In a 2001 survey of 2,352 Americans between 45 and 55 years old, the AARP CONTINUED

Savor all Three.







Looks like a Newton.
Tastes like dessert.

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found that 70 percent of those who live with both children and parents felt that they could comfortably handle the family demands of both. Indeed, nine out of 10 said that family is the most important thing in their lives. "Frankly, it surprised us that the level of stress wasn't higher," says Linda Fisher, director of AARP's national member research, in Washington, D.C. "They said that they'd rather take care of their parents than have somebody else do it."

YOURS, MINE & OURS

Ironically, one of the reasons behind bigger families today is divorce. Divorces split families, leaving two smaller households in their wake. But 75 percent of women and 80 percent of men who divorce remarry, and decades of high divorce rates—currently 50 percent of first marriages—have created record numbers of sprawling stepfamilies.

In all cluttered nests, the goal is to minimize conflict and to maximize family togetherness. But those challenges are tougher for stepfamilies, where two families must establish a newly blended household. Such notions weren't lost on Michele Erard-Coupé and Jon Land when they formed a stepfamily in Bedford, Massachusetts. Both are divorced parents of four, whose kids were between the ages of 6 and 17 when they married in 2001. During their long-distance courtship (Michele is a business-development manager who'd just moved to Florida and Jon is a computer consultant from Massachusetts), they prepared the kids for the upcoming household merger by shelling out a lot of money on airplane tickets every other weekend. "We thought we'd let them build their own relationships," she says, "so it wouldn't be such a shock later on." That helped after the couple married and settled into a home, though complications abound. Scheduling soccer, swimming and band practice for eight children, along with visitation time for the other parents, is a nightmare made only slightly easier by the synchronized computer calendars Jon and Michele carry around.

If life in a stepfamily sounds exhausting, it's also expected to become more common. Some researchers estimate that by next year, the number of stepfamilies will outpace traditional intact families in the U.S. Meanwhile, the increase in other types of cluttered nests shows no signs of slowing down. Immigration continues briskly from Hispanic and Asian countries, and young adults continue to give new meaning to the phrase "college homecoming." As these social and cultural forces continue to play out, it's safe to say that jumbo-sized families will prompt fewer stares—and perhaps a little envy—from Americans in the future. The only thing bigger than the burdens of running a giant household is often the joy of different generations of Americans tied together by blood, love or both. "To Americans, family is their greatest source of strength," says the AARP's Linda Fisher.

Just ask Ramos, the Arizona mom with the boomerang kids. In December, with her house already bulging, she agreed to adopt the baby of a troubled relative. "People looked at me like I was crazy," she recalls. But the county caseworker who investigated the home felt otherwise. "She said that she'd never seen a family with so much love." Ramos recalls proudly. "Jobs and homes come and go, but family is for life."

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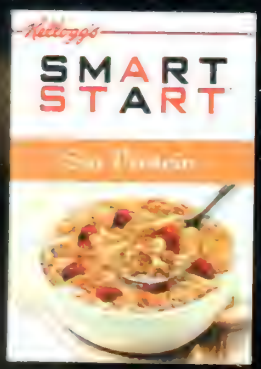


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Make Decisions, Faster

Red lipstick? No, mocha. Cobb salad? Er, make it Caesar . . . If you vacillate when making decisions, you may also be more prone to mood swings, anxiety, depression and a diminished sense of control, say researchers at Ohio State University, in Columbus. Need to boost your decision-making skills? Practice makes perfect, says Elayne Savage, Ph.D., a psychotherapist in Berkeley, California. Take the emphasis off right or wrong in day-to-day decisions. Every choice you make may not work out, but realize it's okay—the world won't end if you choose a turkey club over egg salad.

—Jennifer Nelson



What's So Great About Women Bosses?

Looking for a job that gets your creative juices going? Take the advice of researchers from Northwestern University, in Evanston, Illinois, and find one with a female boss. An examination of 45 studies on leaders in business, academics and other areas found that women managers consistently score higher than men when it comes to rewarding their employees for good performance, which in turn fosters creativity, productivity and positive office morale. The research also reveals that women bosses are more likely to be inspiring role models, while their male counterparts more often use punishment as a means of modifying employee behavior. Although it stands to reason that women are more nurturing as bosses because of the role they play in society, researchers say this only accounts for part of their success in management. *–Caroline Stanley*

His and Her Temper Tantrums

Before your husband picks a fight with you, warn him that you may stay mad at him even after the battle is done. While both men and women are equally prone to anger, how that anger is expressed—and how long it lingers—can vary between the sexes, according to a study of 1,300 men and women ages 18 to 90. "Women are more likely to keep their anger in, be hurt, ruminate for a long time, while men are more likely to get back at the person who ticked them off, and let it go," says Ray DiGiuseppe, Ph.D., lead researcher in the study from St. John's University, in New York City. The gender difference may stem from the fact that women generally feel guilty about being angry, and therefore less free to feel and express the emotion. Because women are not getting anger off their chests, they stay livid longer, says Dr. DiGiuseppe.

–Rachel Grumman

[redacted]? Researchers at Columbia University are doing a study on Social Anxiety Disorder. If you think you have this condition and would like to participate, contact mmw3@columbia.edu. The study involves a telephone interview and blood sample. People selected will be paid $75.

On a path of self-discovery? Don't miss the My Life channel at www.lhj.com/mylife

REVENGE OF THE NERDS



It's a shame, really, that in high school, the guys were so intimidated by my intelligence and beauty that they never asked me out.

That's my story and I'm sticking to it. It beats the other fairy tale I've been consoling myself with: Everyone I ever had a crush on in high school must have been gay. I know, I know, I've heard about their wives and children and girlfriends. But the alternative explanation is not such a comforting one. It involves a dumpy, frizzy-haired girl who was very serious and kept to herself and was really, really fond of snakes. I was the president and, as I recall, only member of the Scarsdale Herpetological Society. Here's a valuable lesson I learned in high school: Guys don't make passes at girls who, in addition to wearing glasses, wear boa constrictors named Julius Squeezer around their necks.

I'm thinking about those toe-curling years because as surely as April brings taxes, it brings invitations to high-school reunions. I've been checking the mail, because this time I'm determined to go. Not going to reunions is like starting the world's longest book and putting a [illegible] chapter two. Still, something stops me. Next time (I tell myself) I'll be 10 pounds thinner and more successful! Well, the pounds have stayed on [illegible] it dawned on me as I rounded 40. I'll never be as successful as half the people in the annoyingly overachieving community I'm from.

When you think about it, high-school and college reunions each serve an entirely different purpose. College reunions are predominantly about success in career: Have you made it? High-school reunions, on the other hand, are about success in love: Are you doing it, and with whom? I was so obsessed with proving that I was worthy of love, that the only time I made it to a high-school reunion—my 10th—I brought a posse of people so large, P. Diddy would have found it a little ostentatious. The group included my then-fiancé, whom I contemplated fitting with a sign that read: "Hi, I'm sleeping with Judith Newman! Look at what you weren't missing!"

But this time, it's all going to be different. I love my husband, my children, and my work, and as to the wrinkles, well, three cheers fo Botox. I'm pretty happy, an without much to prove, but still have a hunger to know. I the great morality play that i high school, I want a few mira cles. (Did the lovely girl wh had Hodgkin's disease fulfill he dream and become a physi cian?) I want a little divine retri bution, even though life isn't fair, and the world's goodies of ten go to the petty and obnox ious. Please, God, let the social climbers be stuck running their fathers' law practices, and let the bullies be in charge of inventory at a sports emporium. Oh, and the vicious beauty with the razor tongue who let the poorest girl in school know how hilarious it was that she had moth holes in her sweater? Here's hoping your husband is having a wonderful sex life. With someone else.

And yes, I have some karma to make up for, too. Please, brilliant little computer geek with the bad skin who sent me "anonymous" love letters and walked back and forth in front of my house and finally worked up the courage to invite me out—and I shot you down . . . please, I want you to have a wife who adores you, brilliant children, clear skin and ownership of a company that will soon topple Microsoft. You deserve it.

So this year I'm casting fear to the winds. I'm going to make it to the reunion, fat and wrinkles be damned. The kids and husband are coming. The snake, however, stays home.

Want to share stories about your reunion? E-mail Judith at lhj.reunions@meredith.com

BY JUDITH NEWMAN

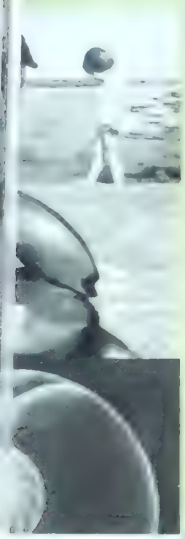
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REMICADE is not for everyone, many people with heart failure should not take REMICADE; so, prior to treatment you should discuss any heart condition with your doctor. Tell your doctor right away if you develop new or worsening symptoms of heart failure (such as shortness of breath or swelling of your ankles or feet).

There are reports of serious infections, including tuberculosis (TB) and sepsis. Some of these infections have been fatal. Tell your doctor if you have had recent or past exposure to people with TB. Your doctor will evaluate you for TB and perform a skin test. If you have latent (inactive) TB your doctor should begin TB treatment before you start REMICADE. If you are prone to or have a history of infections, currently have one, or develop one while taking REMICADE, tell your doctor right away. Also tell your doctor if you have lived in a region where histoplasmosis or coccidioidomycosis is common or if you have or have had a disease that affects the nervous system, or if you experience any numbness, weakness, tingling, or visual disturbances.

There are also reports of serious infusion reactions with hives, difficulty breathing, and low blood pressure. In clinical studies, some people experienced the following common side effects: respiratory infections (that may include sinus infections and sore throat), coughing, and stomach pain or mild reactions to infusion such as rash or itchy skin. (Please see important product information on adjacent page.)

REMICADE is a prescription medication that is used for adults with moderate to severely active rheumatoid arthritis. Results may vary. REMICADE is given by IV infusion in your rheumatologist's office. It's covered by Medicare. Coverage will vary by carrier and individual case. Ask your rheumatologist if it's right for you.



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Remicade
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Patient Inform

using REMICADE (pronounced

before you start taking REMICADE
kups. If you do not understand any of the infor-

o treat adults with moderate-to-severe
disease. Your doctor has decided to treat you with
our disease is still active even though you have tried other treatments

How does REMICADE work?
The medicine REMICADE, is a type of protein that recognizes, attaches to and blocks the action of a substance in your body called tumor necrosis factor. Tumor necrosis factor (TNF) is made by certain blood cells in your body. REMICADE will not cure rheumatoid arthritis or Crohn's disease, but blocking TNF with REMICADE may reduce the inflammation caused by too much TNF in your body. You should also know that REMICADE may help you feel better but can also cause serious side effects and can reduce your body's ability to fight infections (see below).

What should I know about the immune system, and taking REMICADE for Rheumatoid Arthritis or Crohn's Disease?
The immune system protects the body by responding to "invaders" like bacteria, viruses and other foreign matter that enter your body by producing antibodies and putting them into action to fight off the "invaders." In diseases like rheumatoid arthritis and Crohn's disease, your body's immune system produces too much TNF. Too much TNF can cause your immune system to attack healthy tissues in your body and cause inflammation. If this condition is left untreated, it can cause permanent damage to the body's bones, cartilage and tissue.

While taking REMICADE can block the TNF that causes inflammation, it can also lower your body's ability to fight infections. So, taking REMICADE can make you more prone to getting infections or it can make an infection that you already have worse. You should call your doctor right away if you think you have an infection.

What important information should I know about treatment with REMICADE?
REMICADE, like other medicines that affect your immune system, is a strong medicine that can cause serious side effects. Possible serious side effects include:

Serious Infections
- Some patients have had serious infections while receiving REMICADE. Some of the patients have died from these infections. Serious infections include TB (tuberculosis), and infections caused by viruses, fungi or bacteria that have spread throughout the body. If you develop a fever, feel very tired, have a cough, or have flu-like symptoms, these could be signs that you may be getting an infection. If you have any of these symptoms while you are taking or after you have taken REMICADE, you should tell your doctor right away.

Heart Failure
- If you have been told that you have a heart problem called congestive heart failure and you are currently being treated with REMICADE, you will need to be closely monitored
ir doctor. If you develop new or worse symptoms that are related to your heart condition, such as shortness of breath or swelling of your ankles or feet, you must con-
doctor immediately.

- Some patients have had severe allergic reactions to REMICADE. These
culty breathing, chest pain and high or low blood pressure. Your doctor may decide to stop REMICADE treatment and give you medicines to treat the allergic reaction.
-
type of delayed reaction may include fever, rash, headache and muscle or joint pain. Call
symptoms suc

Nervous System Disorders
-
numbness or tingling

Some patients have developed symptoms that can resemble a disease called
REMICADE

What are the more common side effects of REMICADE?
The more common side effects with REMICADE are respiratory infections (t
include sinus infections and sore throat), coughing and stomach pain.

Who should not take REMICADE?
OULD NOT take REMICADE if you have:
- t failure, unless your doctor has talked to you and decided that you are able
REMICADE.
- Had an allergic reaction to REMICADE or any other product that was made with
(mouse) proteins.

What health concerns should I talk to my doctor about?
Before receiving your first treatment with REMICADE you should tell your doctor i
- Have or think you may have any kind of infection. The infection could be in o
place in your body (such as an open cut or sore), or an infection that affects you
such as the flu). Having an infection could put you at risk for serious side
from REMICADE.
- an infection that won't go away or a history of infection that keeps coming
- Have had TB (tuberculosis), or if you have recently been with anyone who migh
TB. Your doctor will examine you for TB and perform a skin test. If your doctor fe
you are at risk for TB, he or she may start treating you for TB before you
REMICADE therap
- ved in or visited an area of the country where an infection called histoplas
or coccidioidomycosis (an infection caused by a fungus that affects the lungs) is
mon. If you don't know if the area you live in is one where histoplasmosis or coccid
mycosis is common, ask your doctor.
- Have or have previously had heart failure or other heart conditions.
- Have or have had a condition that affects your nervous system, like multiple scle
or Guillain-Barré syndrome, or if you experience any numbness, or tingling, or hav
a seizure.
- Are pregnant or nursing.
- Have recently received or are scheduled to receive a vaccine.

Can I take REMICADE while I am on other medicines?
Tell your doctor if you are taking any other medicines including over the counter medi
supplements or herbal products before you are treated with REMICADE. If you start t
or plan to start taking any new medicine while you are taking REMICADE, tell your d

How will REMICADE be given to me?
REMICADE will be given to you by a healthcare professional. REMICADE will be giv
an IV. This means that the medicine will be given to you through a needle pla
a vein in your arm. It will take about 2 hours to give you the full dose of medicine. D
that time and for a period after you receive REMICADE, you will be monitored by a h
care professional. Your doctor may ask you to take other medicines along with REMI

Only a healthcare professional should prepare the medicine and administer it to you

How often will I receive REMICADE?
If you are receiving REMICADE for rheumatoid arthritis, you will receive your first dos
additional doses at 2 and 6 weeks after the first dose. You will then receive a
every 8 weeks. Your doctor will monitor your response to REMICADE and may ch
your dose or dose you more frequently (as often as every 4 weeks).

Crohn's Disease or Fistulizing Crohn's Disease
If you are receiving REMICADE for active Crohn's disease or fistulizing Crohn's dis
you will receive your first dose followed by additional doses at 2 and 6 weeks after th
dose. You will then receive a dose every 8 weeks. Your doctor will monitor your resp
to REMICADE and may change your dose.

What if I still have questions?
ave any questions, or problems, always talk first with your doctor. You ca
visit the REMICADE internet site at www.remicade.com

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"I Don't Want Her to Run My Life Anymore"

Cara, 40, a graphic designer: "[illegible] and [illegible] travel agent. [illegible] was a [illegible] woman, married to a [illegible] and stepmother of [illegible] kids. She was organized, efficient and assertive—all qualities I admired. But she was also a kindred spirit; like me, she was searching for real meaning in her life beyond work. And we always had so much fun together, whether we were going to yoga classes, movies or plays.

"Melanie helped me in many ways. I was an art major in college, and she encouraged me to start my own design company. I did; now it's thriving. She urged me to stop seeing men she thought were wrong for me, and thanks in part to Melanie's tips on dating, I met my husband, Paul. He's a lawyer, and we just celebrated our third anniversary. And I know I enriched her life, too. She often said that my influence taught her to be less shrill, and to grow emotionally and spiritually.

"But several months ago, when she was telling me over lunch how to expand my client base, I told her I wanted to stop focusing so much on my career and have a baby. I expected her to say, 'How fabulous!' Instead, she said, 'What are you talking about? After all the help I've given you?' Stunned, I asked her, 'I want to be a wife and mother—and I don't like your attitude,' she responded coldly. Then she put some money on the table [illegible] 'I don't [illegible] the choice I've made—especially such an important one. But I miss Melanie and would hate it if our relationship is over for good."

The counselor's response: "In hindsight, Melanie's outburst was not surprising. A hierarchy existed in this friendship from the beginning: Melanie was the teacher/mother, Cara was the student/daughter. The intensity of Melanie's anger speaks to just how threatening Cara's decision to have a baby must have felt. She may have feared losing her place in Cara's life as well as the admiration that went along with it. On the other hand, Cara may have announced her intentions more harshly than she realized. Deep down, she may have begun to resent her friend's advice-giving and may have been overly critical.

"If Cara cares about Melanie, she should pick up the phone or send a note saying, 'I feel terrible about what happened. Can we talk about it?' Then she could express her feelings while taking care not to blame Melanie. If they can resume their friendship—and it may take time—Cara and Melanie will need to hammer out future guidelines. Are certain subjects best left untouched? And if Cara's efforts are rebuffed, she will at least know that she tried her best and can move on."

BY MARGERY D. ROSEN

This story is true, although names and details have been changed. This month's counselor is April Lane Benson, Ph.D., a clinical psychologist in New York City.

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How to Give and Receive Comfort

What works to soothe a loved one's pain? Silence or sage advice? Listening or letting someone be? And what if the person who's hurting is you?

BY LESLEY DORMEN

When the phone rang just before the Christmas holidays, the voice on the other end was so tiny I almost didn't recognize it as belonging to Toni, my former college roommate. "What's wrong?" I asked. Toni and I don't speak often and we see each other even less. Different cities, different lives. But I knew trouble when I heard it. "I have cancer," she said.

Worse, it was a recurrence of the breast cancer she'd been treated for 10 years earlier, which had now spread to her stomach and ribs. She was calling from home—she's unmarried and lives alone—and was wobbly after her first three rounds of chemo. I listened. When I hung up, I immediately called the airline and made a reservation. Next I called my husband at work to let him know that we'd have to cancel our weekend plans. Then I called Toni back to say that I was coming that very weekend. "I'm not dying yet," she protested. "All the better," I told her.

Over the next two days, I consumed everything I could about breast cancer—I questioned friends, searched the Internet, read up on the latest studies and treatments. One minute I felt frantic and desperate *(Is she going to die?)*; the next, feisty and indignant *(Why didn't she get a second opinion? Is her oncologist the best available?)*. Finally, a wise friend calmed me down. "You don't have to learn everything about cancer in two days," she told me. "Just go there and hang out with her. Watch TV. Above all, just listen."

So that's what I did. Toni and I cooked a brisket together (squaring off in our usual way over whether to caramelize the onions first or just dump them on top). I helped her choose a wig and some caps and berets from a catalog. We looked through piles of old photographs and laughed about the people we'd known and the people we'd been. We didn't talk about

CONTINUED

a little but listened more.

fearful about

"No, no," she objected. "This is the nicest thing anyone has ever done for me." Did I restore her thick, wavy hair? Did I beat back her cancer? No. I simply gave what was in my power to give—some small measure of comfort.

In adult life—with its downturns, losses and setbacks—teaches us anything, it's that the need for comfort is crucial and ongoing. It's not only for the boldface crises that top the life-stress charts—illness, death, divorce—but also for life's middling traumas (your kid doesn't make it into Harvard) and minor disappointments (your best friend isn't visiting from Alaska this summer). Of course, the downturns and setbacks don't need to be our own for us to feel the loss and the need to be assuaged. Even if you didn't know someone who was directly affected by the World Trade Center attack, it was hard not to cry watching the television coverage—seeing a tear fall down the brave, stone-faced cheek of a fire

struggle for composure in the face of overwhelming, unbearable grief. "There's

Drucker, a rabbi in Santa Fe, New

Comfort amounts to acknowledgment and empathy. It doesn't require eloquence

the invisible path to another's heart."

Which is better for our health and fulfillment—to give comfort or to receive it? It's well established that comfort has health benefits for those on the receiving end, but people involved in comforting professions, like nurses and nuns, have long reported a feeling of euphoria from their work. This "helpers' high" may have a basis in brain chemistry, according to recent research at the National Institutes of Health. "When we exercise compassion, the brain releases endorphins, which blunt nerve endings and give a sense of peace and tranquility," says Stephen G. Post, Ph.D., professor of bioethics at Case Western Reserve University School of Medicine in Cleveland, Ohio.

Children as young as 2 will respond empathically to another person's distress—kissing a whimpering friend's cheek or saying to an adult, "Don't cry." But that instinct often gets lost in the self-consciousness of adulthood. Although we still remember how to spontaneously comfort the kids in our lives with a warm hug, soothing words, a favorite toy or a lap to hide in, with peers we often become paralyzed and uncomfortable, uncertain what to say or do, sometimes even where to look. I once sat at a dinner table with a group of friends, when one of the women, newly divorced, said matter-of-factly that when her ex-husband left her for another woman it had felt "like a death." Another friend

husband had been killed

a car accident 15 years earl

er. We all sat there, speech

less and squirming, until th

waiter came to take our o

der. The moment to sa

something soothing an

meaningful was lost.

While some people are intuitively gifted at saying and doing exactly the right thing at the right moment, the rest of us can learn how. "Comfort boils down to empathy and acknowledgment," says New York City–based psychotherapist Jane Greer, Ph.D., author of *Goddess: Finding the Courage to Move from Loss, Work and Life*. Acknowledgment, in fact, is so powerful that it doesn't require the gloss of eloquence. "When someone affirms what you are feeling and conveys an understanding of your distress, their sensitivity helps you feel safe and understood," says Dr. Greer. When you offer to bring a sick friend a cup of hot soup, stop by to change the bedsheets, or send a bouquet of flowers with a warm note, you put acknowledgment into action.

Comfort that doesn't include that crucial element of acknowledgment seems emotionally tone-deaf. "It's a good thing that she didn't suffer longer," someone said when my mother died at 73 of Parkinson's disease. That might have been the appropriate response to a survivor relieved to see a loved one's suffering end, but it didn't feel comforting to me. At that moment, I felt it was horrible that she died at all. We can be equally off-key when we hear a person's distress as an invitation to commiserate with our own tales of woe. Who isn't occasionally guilty of this? In retrospect, I

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about her mother's illness and I wound up telling her, at great length, about my own mother's hospitaliza- [illegible] is fine, but only if you stay focused on [illegible] How can we so not [illegible]

The problem is, how much compassion we have for others is sometimes driven by the degree of compassion we have for ourselves—and, let's face it, most of us are pretty tough on ourselves. "If you're stoic and you have a stiff upper lip, it could be hard to muster up the empathy and compassion for someone else's plight," says Dr. Greer. That was the case with a woman I know who'd been having problems with her boss. When she told her boyfriend that she feared being fired, he said, "What's the big deal? You'll call the headhunters and find another job." He didn't stop to acknowledge her wounded self-esteem, her fear of change, or her financial concerns—that is, all the fallout that comes from your job's being imperiled.

There does tend to be a gender divide when it comes to giving—as well as receiving—comfort. According to Marianne Legato, M.D., founder of the Partnership for Gender-Specific Medicine at Columbia University, in New York City, men will often hunker down in solitude rather than reveal a need for comfort; they're also less skilled at soothing others: "A man will focus on solving the pro lem. He'll give you directions to a complishing whatever goal he thin you should be achieving," she say On the other hand, women tend be much better at offering a symp thetic ear and a shoulder to cry o Women are not necessarily goo however, at allowing themselves t be comforted. Many of us have b come so hyperefficient at juggling th demands of work and family tha we've lost the art of being tende to. And we feel ashamed to eve *need* tending. "Accepting comfort like accepting a gift, but that can sti up feelings of helplessness and vu nerability in some of us," says Dr Greer. "We think that by saying ' don't need it' we can make our selves feel stronger."



But we can all do better at giving and receiving comfort. Comfort often rooted in the flesh: Just a hug the touch of a hand causes our ins to release the chemical serotin, which improves mood. Remember, too, the healing power of rds. The right words—whether y are spoken in our church or syn gue, or come to us via *Chicken p for the Soul* stories or public ora y—have the power to soothe the rit and revive the heart. Just think former New York City mayor dolph Giuliani's heartfelt acknowlgment that the September 11th ses were "more than we can bear." If you're the one in need of com t, wisdom lies in knowing where find it. "When things are really rible, you need people who will affirm whatever you're feeling," says Dr. Legato. "Sit down with a friend or relative and ask if they have time to hear you discuss a problem and help you with it. You can't do it in five minutes. Make sure they have an hour or more to spend."

When there's no human to talk to—or give you a hug—a pet may do just as well. Studies have shown that pets help lower blood pressure and mitigate stress on the heart. (Picture Buddy the Labrador retriever, President Clinton's ever-present pal during the Lewinsky saga, or President George W. Bush with his little Scottie in his arms.) Animals are affectionate, allow us to snuggle with them and—in a slight improvement over spouses, children and friends—never judge us or offer unwanted advice.

In the end, it may be that we are simply hardwired to do good. A study at the Institute for Social Research at the University of Michigan in Ann Arbor reported that among older people, who reported helping others—even if it was just giving emotional support to a spouse—were half as likely to die within five years as those who did not. "If comforting behavior can be linked with health and longevity, the implications are significant," says Dr. Post of Case Western. "People who live generous lives soon become aware that in the reasonable giving of self lies the discovery of self."

Even Ebenezer Scrooge would have to agree.

How compassionate are you? Take the quiz and find out: www.ihj.com/compassion



7 Secrets of High-Energy People

Do they sleep 12 hours a day or run marathons? No. The most powerful energy sources are in your soul, not your body. Learn how to create more joy and meaning in your life **BY MIRA KIRSHENBAUM**



and people who

the life of your dreams.

There's an energy crisis in America, but it has nothing to do with fossil fuels. Millions of us get up each morning already weary over what the day holds. "I just can't get started," people say. Or, "I feel drained just thinking about the long hours ahead."

But it's not physical energy that most of us lack. Sure, we could all use extra sleep and a better diet. But in truth, people are healthier today than at any time in history. I can almost guarantee that if you long for more energy, the problem is not with your body.

What you're seeking is not the adrenaline-filled, bounce-off-the-walls kind of energy. It's *emotional energy*. It's an aliveness of the mind and spirit that connects you to the vitality and fun of life. Yet, sad to say, life sometimes seems designed to exhaust our supply. We work too hard. We have family obligations. We encounter emergencies and personal crises. No wonder so many of us suffer from emotional fatigue, a kind of utter exhaustion of the spirit, a sense that we're just going through the motions.

And yet we all know people who are filled with exuberance and joy, despite the sometimes grim external circumstances of their lives. Even as a child, I observed people who were dirt-poor or disabled or whose physical energy had been sapped by disease, but who nonetheless faced life with optimism and vigor. Consider Laura Hillenbrand, who, despite having been diagnosed with chronic fatigue syndrome, wrote the best-selling book *Seabiscuit*, about a horse who becomes an unlikely champion. Hillenbrand barely had enough physical energy to drag herself out of bed to write. But she was fueled by having a story she cared about and wanted to share. Or think of the painter Frida Kahlo, who endured excruciating pain her entire adult life, yet produced vibrant, deeply felt canvases.

Emotional energy came to the rescue. The best news? Unlike physical energy, which is finite and diminishes with age, emotional energy is unlimited and has nothing to do with genes or upbringing. So how do you get it? You can't simply *tell* yourself to be positive. You must take action. Here are seven practical strategies that work.



DO SOMETHING GENUINELY NEW

Very little that's new occurs in our lives. The impact of this sameness on our emotional energy is gradual, but huge: It's like a tire with a slow leak. You don't notice it at first, but eventually you'll get a flat. It's up to you to plug the leak—even though there are always a dozen reasons to stay stuck in your rut. That's where Maura, 36, a waitress and would-be caterer, found herself a year ago.

Fortunately, Maura had a lifeline—a group of women friends who meet regularly to discuss their lives "like on *Sex and the City*," she says, "but without the sex, the city and the gorgeous clothes!" The women's lively discussions about how to shake up their lives spurred Maura to make small but nevertheless life-altering changes. She joined a gym in the next town. She took up yoga. She changed her look with a short haircut and new black T-shirts. Eventually, Maura gathered the courage to quit her job and devote herself full time to her fledgling catering business.

Here's a challenge: If it's something you wouldn't ordinarily do, do it. Try a cuisine you've never eaten. Drive home via a different, scenic route. Listen to music you'd ordinarily tune out. You'll discover that small gestures pack a powerful emotional energy punch.

RECLAIM LIFE'S MEANING

So many of the patients in my psychotherapy practice tell me that their lives used to have meaning, but that somewhere along the line things went stale. The foundation is there, but the urgency is missing.

The first step in solving CONTINUED

to figure out it. That's what meaning is: a heartfelt concern that is woven into your everyday life. A case I mistakenly believed that all the money I made would "But I feel rudderless, like a 22-year-old wondering what to do with her life." Ivy's solution? She started a program that shows Wall Streeters how to donate time and money to underprivileged children. In the process, Ivy infused meaning into her own life.

PUT YOURSELF IN THE FUN ZONE

Most of us grown-ups are seriously fun-deprived, and it shows in our flagging energy levels. High-energy people have the same day-to-day grinds as the rest of us, but they manage to find something enjoyable in every situation. A real-estate broker I know, whose work load is enormous, keeps herself amused—and energized—on the job by mentally redecorating the houses she shows to clients. "I love imagining what even the most dilapidated fixer-upper could look like with a little TLC," she says. "It's a challenge—and the least desirable properties are usually the most fun."

We all define fun differently, of course, but I can vouch for this: If you lighten up and inject just a bit of it into your day, your energy will zoom.

BID FAREWELL TO GUILT AND REGRET

Everyone's past is filled with re- portunities that still cause pain. These feelings are an index of our humanity, evidence that we have a heart and a conscience. But from an emotional energy point of view, they are deadweights that keep us from moving forward. While they can't merely be willed away, I do recommend you give yourself a good talking-to. Remind yourself that everyone has negative experiences. But whatever happened is in the past, and nothing can change that. Holding on to the memory only allows the damage to continue into the present.

KEEP YOUR FLYWHEEL SPINNING

People always talk about finding a passion, but something that exalted can end up being more draining than energizing. That's why I talk about flywheels, mechanical devices that store energy, then give it back to you as needed. High-energy people always have a flywheel—an interest they connect with, no matter how eccentric. For Leslie, 29, that flywheel is collecting antique recipes. She loves to browse secondhand bookstores for old cookbooks. "I feel like an archaeologist who finds a rare dinosaur bone, only I bring the dinosaur back to life," she says.

If you don't have a flywheel, find one. Anything fun and absorbing will do, from bike riding to gardening. Anticipating the activity can get you up in the morning and get you through an otherwise blah day.

MAKE UP YOUR MIND

Say you've been thinking about cutting your hair short. Will it look stylish—or too extreme? You endlessly mull it over, debate the matter with friends. Having the decision hanging over your head is a huge energy drain. High-energy people make a choice and don't look back. The emotionally exhausted stay stuck, fo ever vacillating. Every time you can decide, you burden yourself with a ternatives. How to break the impasse Quit thinking that you have to mak the right decision; instead, make good-enough decision. Any decisio Decide what you're going to ea tonight. Then decide about the hai cut. That will get you in the ballpar of deciding about your future. I emotional energy land, what matter is ending your ambivalence.

GIVE TO GET

Emotional energy has a kind o magical quality: The more you give, the more you get back. This underscores the fundamental difference between emotional energy and physical energy. With the latter, you have to get it to be able to give it. With emotional energy, however, you get it *by* giving it.

But you have to take specific action. Start by asking everyone you meet, "How are you?" as if you really want to know, then listen to the reply. Be the one who hears. Most of us also need to smile more often. If you don't smile at the person you love first thing in the morning, you're sucking energy out of your relationship. Finally, help another person—and make the help real, concrete. Give a massage to someone you love, run an errand for him, or cook her dinner. Then, expand the circle to work. Try going through an entire day asking yourself what you'd do if your goal were to be helpful rather than efficient.

After all, if it's true that what goes around comes around, why not make sure that what's circulating around you is the good stuff?

Test your emotional IQ with our quizzes: Visit www.lhj.com/mylifequizzes

mportant Correction of Information about Pravachol® (pravastatin sodium) tablets

ol-Myers Squibb Company, maker of Pravachol, ran ads for Pravachol that the determined were misleading. The statement they determined misleading was vachol is the only cholesterol lowering drug proven to help prevent first and nd heart attack and stroke in people with high cholesterol or heart disease." statement suggested that Pravachol has been proven to help prevent stroke eople without heart disease.

se note, Pravachol has not been proven to help prevent stroke in people out heart disease. Pravachol is proven to help prevent stroke only in people coronary heart disease (CHD).

vachol is no longer the only cholesterol lowering drug approved to help vent first and second heart attack. In April 2003, another drug was approved educe the risk of heart attacks and stroke in patients with CHD, or without CHD at high risk of coronary events because of diabetes, peripheral vessel disease, istory of stroke or other cerebrovascular disease.

vachol, with diet, when diet and exercise are not enough, is approved to:
ffectively lower cholesterol in people with high cholesterol
elp prevent heart attacks in people with high cholesterol or heart disease
elp prevent stroke in people with heart disease

our doctor prescribed Pravachol, you should continue to take Pravachol in ordance with his or her directions. If you have any questions about vachol, ask your doctor or healthcare professional.

ortant Considerations: Pravachol, a prescription drug, is not for everyone, including men who are pregnant or nursing or may become pregnant, or people with liver blems. And because serious side effects can result, tell your doctor about any explained muscle pain or weakness you experience while on Pravachol, and about other medications you are taking. Your doctor may do blood tests to check for liver blems. Some mild side effects, such as slight rash or stomach upset, occur in 2-4% patients.

ase see product information following this advertisement.

Bristol-Myers Squibb Company

4 Bristol-Myers Squibb Company, Princeton, NJ 08543 D3-K0149 01-04

PRAVACHOL (pravastatin sodium) tablets

Rx only

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on. This advertisement does

the risks and benefits of a

re the uses of PRAVACHOL? (INDICATIONS)

idded to diet, when diet and exercise are
holesterol in the blood. It lowers LDL "bad"

se. PRAVACHOL is proven to help prevent heart
ttack, and reduce the risk of undergoing
procedure used to open a narrowing in the
nts with heart disease. PRAVACHOL is proven
e, reduce the risk of dying from a heart attack,
reduce the risk of undergoing heart bypass surgery and angioplasty and slo
of the arteries

Who should not take PRAVACHOL? (CONTRAINDICATIONS)

e PRAVACHOL

Patients with liver problems: PRAVACHOL should not be used by patients with active
have repeated blood tests indicating possible liver problem
What else should I know about PRAVACHOL? - WARNINGS.)

Women who are or may become pregnant: Pregnant women should not take PRAVACHOL because it may harm the fetus. **Women of childbearing age should not take PRAVACHOL unless it is highly unlikely that they will become pregnant.** If a woman becomes pregnant while on PRAVACHOL, she should immediately stop taking the drug and talk to her doctor.

Women who are breast-feeding should not take PRAVACHOL.

Patients who are allergic to any of its ingredients: The active ingredient in PRAVACHOL is pravastatin sodium. The inactive ingredients are croscarmellose sodium, lactose, magnesium oxide, magnesium stearate, microcrystalline cellulose, and povidone. The 10 mg tablets also have Red Ferric Oxide; the 20 mg tablets and the 80 mg tablets also have Yellow Ferric Oxide; the 40 mg tablets also have Green Lake Blend (D&C Yellow No. 10-Aluminum Lake and FD&C Blue No. 1-Aluminum Lake).

What else should I know about PRAVACHOL?

WARNINGS

- **Muscle:** Tell your doctor right away if you experience any unexplained muscle pain, tenderness, or weakness at any time during treatment with PRAVACHOL so your doctor can decide if PRAVACHOL should be stopped. Some patients may have muscle ache or weakness while taking PRAVACHOL. Rarely, patients taking PRAVACHOL have experienced serious muscle breakdown resulting in kidney damage. The following can be signs of serious muscle breakdown: muscle pain, weakness or tenderness, fever, feeling more tired than usual, and passing brown or discolored urine. The risk of muscle damage is increased in patients taking certain other drugs (for example, erythromycin, cyclosporine, niacin or fibrates) along with another lipid-lowering drug that works similarly to PRAVACHOL. Using PRAVACHOL along with fibrates, like gemfibrozil, should be avoided unless your doctor determines that the benefits of combined use of PRAVACHOL and fibrates likely outweighs the increased risk of muscle problems.
- **Liver:** Rare cases of liver function abnormalities have been reported with lipid-lowering drugs similar to PRAVACHOL. Your doctor may do blood tests to check your liver before you start taking PRAVACHOL, and while you take it. If your liver enzyme levels increase, your doctor should order more frequent tests. If your liver enzyme levels remain unusually high, your doctor should discontinue your medication. Tell your doctor about any liver disease you may have had in the past and about how much alcohol you consume. Patients who consume large amounts of alcohol should use PRAVACHOL

PRECAUTIONS

- **Homozygous Familial Hypercholesterolemia:** PRAVACHOL has not been studied in this group of patients. Other lipid-lowering drugs similar to PRAVACHOL lower cholesterol less effectively in these patie
- **Renal Insufficiency:** Patients with renal impairment who are taking PRAVACHOL
- **Drug Interactions and Endocrine Function:** Because of possible serious drug interactions, it is important for patients to tell their doctors what other drugs they are taking, including those obtained without a prescription. They should also tell other doctors who are prescribing a new medicine for them that they are taking PRAVACHOL. (See **What else should I know about PRAVACHOL? - WARNINGS: Muscle.**) Caution should be exercised if a lipid-lowering drug is administered to patients also receiving other drugs that may diminish the levels or activity of steroid hormones.
- **Central Nervous System Toxicity; Cancer, Mutagenesis, Impairment of Fertility:** Like most prescription drugs, PRAVACHOL was required to be tested in animals before it was approved for human use. Often these tests were designed to give animals higher dosages of PRAVACHOL than is recommended for humans. In some tests, the animals had damage to their central nervous systems. In studies of rats and mice with high doses of PRAVACHOL, the likelihood of certain types of cancer increased. No evidence of mutations of or damage to genetic material was se
one study with rats, PRA

(pravastatin sodium), there was decreased fertility in male animals.

- Pregnancy: The safety of using PRAVACHOL during pregnancy h
been established. If a woman becomes pregnant while taking PRA
should stop taking the drug and talk to her doctor at once. W
should not take PRAVACHOL? - CONTRAINDICATIONS.
- Nursing Mothers: Small amounts of lipid-lowering drugs may be present
breast milk. Because of the potential for serious adverse reactions in
infants, a woman taking PRAVACHOL should not breast-feed.
- Pediatric Use: The safety and effectiveness of PRAVACHOL in childr
adolescents from 8-18 years of age have been established in clinical trials. C
and adolescent females of childbearing potential should be counse
appropriate contraceptive methods while on PRAVACHOL. PRAVACHOL h
been studied in children younger than 8 years of age.
- Geriatric Use: The safety and effectiveness of PRAVACHOL in patients
have been established in clinical trials. Side effects in the elder
to the overall population. There have been no age-related differen
efficacy and safety reported among patients taking PRAVACHOL.

What are the possible side effects of PRAVACHOL? (SIDE EFFECTS)

PRAVACHOL is generally well tolerated. Side effects have usually been mild and
lived. However, some have been serious. In 4-month long placebo-controlled trials
of PRAVACHOL-treated patients and 1.2% of placebo-treated patients discon
therapy because of side effects. The following list of side effects may not be com
Be sure to ask your doctor about side effects before taking PRAVACHOL and to d
any side effects that may occur while taking PRAVACHOL.

- **Short- and Long-Term Placebo-Controlled Clinical Trials:** Side effects that
been reported in more than 2% of PRAVACHOL-treated patients from shor
and in at least 1% of PRAVACHOL-treated patients in long-term trial
heart chest pain, rash, nausea, vomiting, diarrhea, abdominal pain, constipation
upset stomach, heartburn, fatigue, chest pain, flu, muscle/joint pain or weak
muscle cramp, localized pain, headache, dizziness, sleep disturbance, depre
nervousness, urinary problems, common cold, runny nose, cough, shor
of breath, upper respiratory infection, and vision disturbances. In addition
following side effects have been reported in less than 1% of PRAVACHOL-th
patients in long-term trials: certain skin problems such as itching, rash,
dryness, and hair loss, loss of sexual function or drive, decreased appetite
flushing, allergies, swelling of the head and neck, muscle weakness, problems
nervous system including abnormal sensations such as tingling, dizzi
sleeplessness, memory impairment, and shaking, nerve damage including lo
muscle tissue, progression of cataracts, and taste disturbance.
- **Postmarketing Experience:** In addition to the events reported above, as
other lipid-lowering drugs similar to PRAVACHOL, the following side effects have
reported rarely during post-marketing experience: muscle weakness, m
breakdown, dysfunction of certain brain nerves (including alteration of t
impairment of eye movement, facial paralysis), damage to nerves causing weak
and/or abnormal sensation, severe allergic reaction (anaphylaxis), lupus-like syndr
severe pain and stiffness of muscles, muscle weakness with muscle loss, inflamm
of the blood vessels, skin bruising, low iron, abnormal blood tests, arthritis, joint
weakness, sensitivity to light, chills, fatigue, severe skin disorders that vary from
to serious burn-like shedding of skin all over the body including mucous membr
(such as the lining of the mouth), inflammation of the pancreas, inflammation o
liver, jaundice, fatty change in liver, severe liver damage and failure, liver canc
variety of skin changes (e.g., nodules, discoloration, dryness of mucous membra
changes to hair/nails), breast enlargement, liver test abnormalities including elev
alkaline phosphatase and bilirubin, and thyroid function abnormalities.
- **Laboratory Test Abnormalities:** Increases in certain liver enzymes have b
observed (see **WARNINGS, Liver**). Temporary increases in certain white blood
have been reported. These increases were generally not associated with sympt
and usually returned to normal despite continued therapy. Low red blood cell, w
blood cell and platelet counts have been reported with lipid-lowering drugs simila
PRAVACHOL.

How should I take PRAVACHOL? (DOSAGE, ADMINISTRATION AND OVERDOSAGE)

Patients should take PRAVACHOL exactly as their doctors prescribe it. The usual d
of PRAVACHOL is 1 tablet once a day. PRAVACHOL comes in different dosage streng
and the patient's doctor will prescribe the dose that is right for the patient. The doc
may adjust the dose. A patient taking PRAVACHOL should not change the dose with
talking to their doctor. PRAVACHOL may be taken with or without food.

If a patient misses a dose of PRAVACHOL, the dose should be taken as soon as
patient remembers. **Patients must not take 2 doses in the same day.** If a patient ta
too much PRAVACHOL, the patient should call their doctor or Poison Control Cen
right aw

The lowest dose of PRAVACHOL is recommended in patients with a history
significant kidney or liver problems and in patients taking immunosuppressive dru
such as cyclosporine.

NOTE: This summary provides important information about PRAVACHOL. If you wo
like more information, ask your doctor or pharmacist to let you read the informat
about PRAVACHOL that is written for health professionals and then discuss it w
them.

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n to look at, and even more fun to
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ite a punch, with several different colors of powder
d blush—all in one compartment. Sweep a jumbo
wder brush over Valerie Beverly Hills
umbelina powder, $55 (top), and apply to
nples and chin for a just-back-from-the-
ach glow, or dip smaller brushes in
dividual shades to specifically accent eyes
d cheeks. The many shades in Physicians
rmula Powder Palette Multi-Colored Blush,
.95 (right), give cheeks a subtle flush with just one
roke. This is beauty multitasking at its very best!





BEAUTY BARGAIN

Perfect Skin, at Home

Usually, what stands between you and a radiant complexion is a virtual traffic jam of skin-dulling cells. While our skin naturally exfoliates about every four weeks, the process slows with age, leaving behind a tired-looking face. To the rescue: Vita-K Solution At Home Microdermabrasion Kit. At just $19.99, it's the most affordable exfoliating kit available. Hand-held and battery-operated, it gently buffs away dead skin, leaving your face soft and your skin tone more even. Use just once a week for visible results.

Ask the Beauty Director

Q: How can I get my eyeliner to stay on all day? I line under my eyes, but by the afternoon it's almost all gone.

Eleanore Spitzer
Monroe, Connecticut

A: It's frustrating to have the makeup you so carefully applied pull a disappearing act just a few hours later. This is one beauty dilemma that's easily fixed, however. First, dab a bit of loose or pressed face powder under your eyes to absorb any pesky oil, which can make liner slip. Then use a smudge-proof, waterproof pencil, such as MAC's Powerpoint Eye Pencil ($13), which takes 30 seconds to set. (Use this time to either soften the line with your finger or apply a bit more, whichever is necessary.) Another tried-and-true method: Trace over your liner with a powder shadow in the same shade, which locks the liner in place.

To ask Beauty Director Patricia Reynoso a question, go to www.lhj.com/askbeauty



Beauty Director Patricia Reynoso

We've Got You Covered!

my all-time [illegible] up invention, it would without a doubt be concealer. A swipe in all the right places (particularly under the eyes) creates the lovely illusion that I've had the best sleep of my life. That's why I was intrigued by Revlon's New Complexion Concealer ($9.99), a compact with two complementary shades, rather than the typical single color. When I learned that each of the four shade choices has one part that's red-based to camouflage dark areas (spots, blemishes), and another part that's yellow-based for lighter areas (under the eyes), I fell in love with concealer all over again.



SECRET WEAPON

Powder With Pretty Power

Nick Barose, a makeup artist for celebrities such as *Sex and the City's* Kim Cattrall, makes sure none of his clients step onto the red carpet without a dusting of Kanebo Translucent Loose Powder ($55). This finely milled powder with silk extract "never cakes, especially around the eyes and the smile lines, and it sets makeup so that it truly doesn't move," he says. "Yet it doesn't feel heavy." The powder is available at Bergdorf Goodman and by calling 866-271-6815.



The New "Smart" Foundations

Settling on the right shade of foundation can be a daunting task: You want to cover unsightly areas and [illegible] the mask-like artificial effect that foundation sometimes creates. Luckily, there are lots of new, natural-looking formulas that tout immaculate coverage and [illegible] your skin tone. The 24-shade [illegible] Super Blendable Makeup ($9.99) considers your skin's shade (light, medium, [illegible]) and [illegible] (warm, neutral, or cool)—a first for a drugstore brand. An in-store kiosk offers three mini shades for $1.99 (with a $2 coupon toward your next purchase), so you can sample a few before buying a full size. Meanwhile, at department-store counters, test Lancôme's Shade Illuminator, a lit wand that replicates daylight to help determine skin tone. After finding your type, choose from five shades of Color ID Precise Match Weightless Makeup SPF 8 ($32). Getting dazzling skin has never been easier.

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THE SECRET TO SEXIER SKIN

Is it really so bad to fall asleep with makeup on? Does everyone need a moisturizer? Here, your most pressing skin-care questions—answered

My skin breaks out sometimes, but anti-acne products dry out my skin too much. Should I just wait out the breakout?

With simple fixes available at both the drugstore and through your dermatologist, there's no reason to endure an acne attack. Neil Sadick, M.D., clinical professor of dermatology at Weill Medical College of Cornell University in New York City, prescribes a non-drying acne treatment, such as Klaron lotion. Or try an over-the-counter cream, such as Clearasil Vanishing Acne Treatment Cream ($4.49), and use every other night before bed.

Do I still need a moisturizer even if my skin doesn't feel dry?

No. If your skin is sufficiently hydrated, you don't need additional moisturizer. Worried about wrinkles? Relax. "There's no evidence that not using a moisturizer will damage the skin or cause aging," says David E. Bank, M.D., medical director of the Center for Dermatology, Cosmetic & Laser Surgery, in Mt. Kisco, New York.

CONTINUED

nut shells? crushed pumice? exactly how many layers of sand do you want to take off?



Are scrubs, but a friend can be too harsh on skin's tissue?

Exfoliating face scrubs, which slough off dead skin cells, can definitely irritate skin—especially drier complexions—and should be used only once or twice a week in any event. Nonabrasive scrubs specially formulated for sensitive skin are best, like Therapy Systems Amazingly Gentle Scrub I ($32) with green tea or Sonia Kashuk Exfoliant Wash ($9.99) with jojoba oil.

Is it really a big deal to go to bed without washing off my makeup?

"If it's a once-in-a-blue-moon occurrence, it's okay, but otherwise your pores will likely become blocked, and that's going to lead to breakouts," says Dr. Bank. To de-gunk pores after not washing your skin, Dr. Sadick advises using a toner or an astringent first thing in the morning. If you constantly find yourself falling into bed with a layer of makeup on, consider keeping a packet of cleansing wipes (such as Olay Daily Facials Express Wipes, $4.99) next to your bed. Even a makeshift cleansing job is better than none at all!

Shouldn't skin feel squeaky clean after using a cleanser?

"That's definitely a myth," says Min-Wei Christine Lee, M.D., cosmetic dermatologic surgeon and director of East Bay Laser and Skin Care Center in Walnut Creek, California. After cleansing, your skin should feel refreshed, not tight. (Tight skin means you're in need of the natural oils that keep breakouts at bay.) Wash with lukewarm water, and pick a gentle, soap-free cleanser such as Cetaphil Gentle Skin Cleanser ($10.50).

Toner or no toner? What should I do?

"If you're using a good cleanser that removes all traces of makeup, toner can be overkill, because it can strip the skin of moisture," says Dr. Lee. But if you like the purifying feeling of a toner, try to avoid using one with a high alcohol content, which can be drying.

Are night creams necessary?

Definitely not if you have oily skin, says Dr. Sadick. "Night creams are usually richer than moisturizers that are worn during the day, making them too heavy for oily skin. They're more beneficial if you have dry or sensitive skin." If you can't bear to sleep without something on your face, water-based or lightweight moisturizers are your best bet. Look for formulations with either vitamins C or A, which help repair skin, or alpha-hydroxy acids, to smooth fine lines.

The skin around my eyes isn't wrinkled. Should I use an eye cream as a preventive measure?

It's never too soon to incorporate an eye cream into your routine. "Start using an eye cream if you're over 30 years old," advises Dr. Bank. Choose one that moisturizes and is full of active, good-for-you ingredients, such as hyaluronic acid, which moisturizes by holding water in skin, and kojic acid, to lighten pigmentation spots.

—Nadine Haobsh



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THE PERFECT 10

Spring's hottest colors, plus the best ways to keep your nails healthy

While deep reds and browns are the height of glamour, they can be hard to wear because every chip and scratch shows. That's why we're thrilled that the most popular colors this season are lighter shades, such as pale orange, shimmery beige and dusty rose. OPI's Greek Isles Collection includes muted pinks and creams, such as Cream of Crete (1) and Dancing in the Isles (2), $7.50. Nicole by OPI's spring colors are all soft pinks: Our favorites are Scene Stealer (3) and Sheer Fun (4), $10. Bright pastel pinks, such as Power Lunch (5) and Shop 'Til I Drop (6), $8, are the centerpiece of Essie's Madison Avenue Collection.

The best of both worlds—vibrant color and nail revitalizers—are combined in Maybelline New York's new Forever Strong + Iron Fortifying Nail Color, which conditions and strengthens nails in shades such as Petal Power (7), Permanent Blush (8) and Timeless Taupe (9), $4.12. CONTINUED

CREAMY, DREAMY STRAWBERRY



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E CARE FOR YOUR NAILS

SH REMOVER, such as nn Collection's The Stripper (1), $16. It has a lavender scent and comes in an easy-to-use pump. Just flip the cap and press with a cotton ball to dispense. Or try the Polish Remover Swabs from Swab Plus (2), $1.89, which are prepackaged with the perfect amount of acetone lotion, for easy, on-the-go removal.

USE A BUFFER, such as Lippmann Collection's Smooth Operator (3), $11, to shine nails and buff any ridges. This helps polish go on more smoothly and makes nails look great when there's no time for a full manicure.

FILE NAILS IN ONE DIRECTION ONLY, using short, clipped strokes. Fine-grained glass files, such as Vitry Glass Nail File (4), $8, are best for delicate nails, preventing tips from peeling and ensuring a snag-free finish.

SOAK NAILS IN A BOWL of warm water for up t five minutes after filing to soften cuticles (the area of s that surrounds the nail and protects the nail bed). Add few drops of essential oil for extra moisture—and an aromatherapy boost—and clean nails with a hard-bristle brush, such as Kent Nail Brush (5), $17.

RUB OIL ON YOUR CUTICLES to stimulate bloo flow and speed nail growth (use a bit every night for be results), then carefully push back cuticles with a file, suc as Tweezerman Pushy (6), $16. Or try the double-ended La Cross file (7), $5 (part of the Nail Essentials Kit), with a pointed tip for extra leverage on tough skin.

GIVE YOURSELF A HAND MASSAGE with a nourishing cream. We like OPI Avojuice Skin Quenchers Pear Juice (8), $9.95, with softening shea butter and moisturizing vitamin E. Afterward, wipe the nail base wit a warm washcloth to prepare nails for the polish.

APPLY A BASE COAT, such as Orly Nail Defense (9) $7, with protein and gelatin to strengthen nails. Or try Jessica Flawless (10), $8.50, which conceals ridges.

PAINT ON TWO LAYERS OF POLISH and then add a topcoat for shine and chip prevention, such as OPI Drip Dry (11), $7.50.





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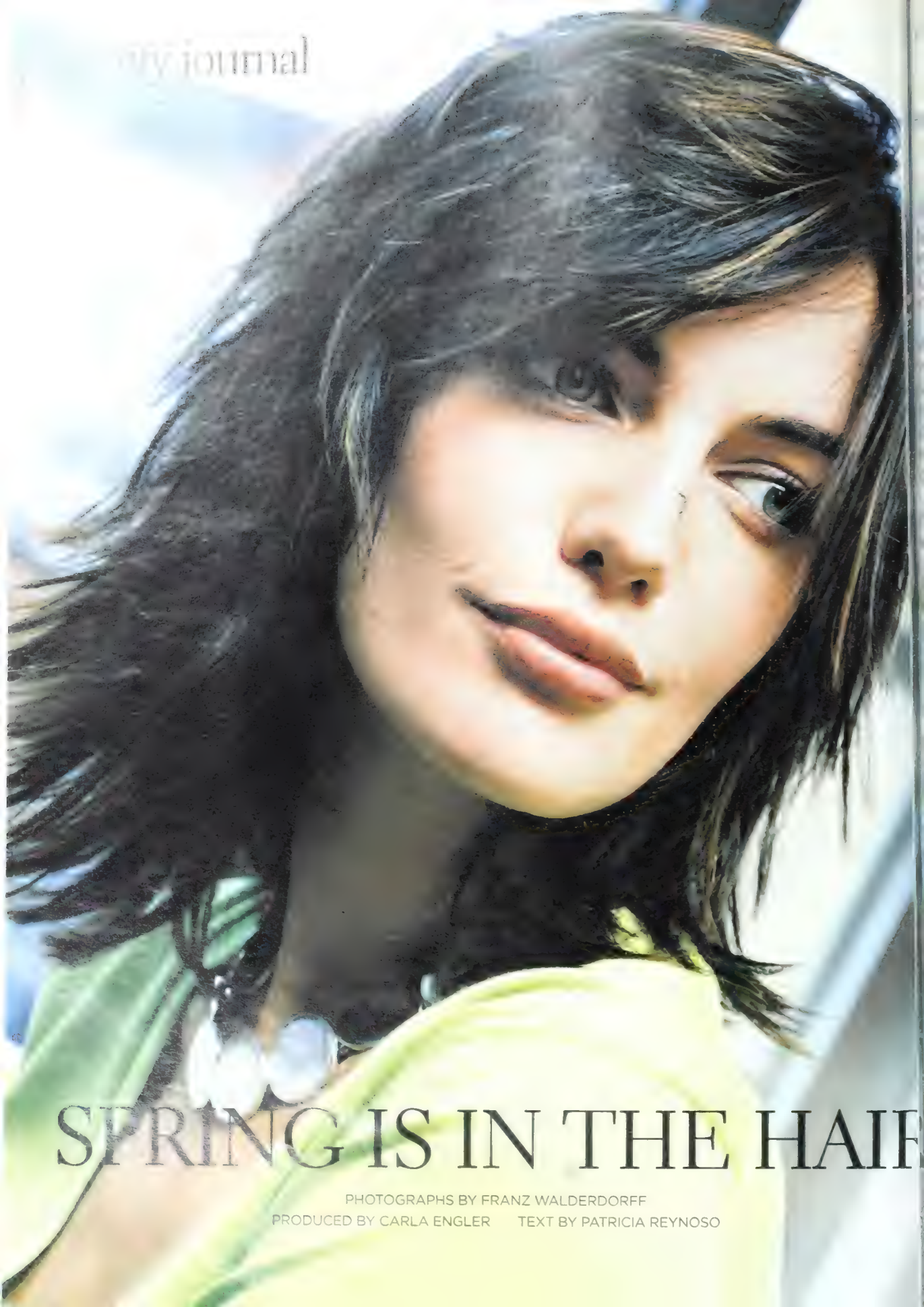


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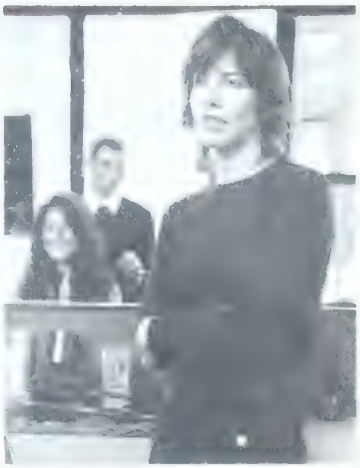


SPRING IS IN THE HAIR

PHOTOGRAPHS BY FRANZ WALDERDORFF

PRODUCED BY CARLA ENGLER TEXT BY PATRICIA REYNOSO

nt to control your curls, put some sass in your straight locks or add texture to your tendrils? The secret is knowing how to use the best of today's styling products and tools. e, with the help of hairstylist-to-the-stars **Sally Hershberger,** We show you how to make the most of what you've got



XY, TOUCHABLE TEXTURE

e a good look at the dozens of new hairstyling products that have flooded the ket lately and you'll notice that most of them are designed to give your hair *mph*. The technical term is texture, which means hair that looks piece-y and dblown, with a matte finish, especially at the ends.

his look works with pretty much every hair length and thickness, but a layered, ulder-length cut, like the one on our model at left, is the perfect playground for urizing products. While all of these products are designed to give your hair hold, e are differences among them. Pomades are thick and make hair of any length y. Just a dab, applied to the ends, adds definition. Wax is thicker still, leaves hair itly stiffer and is perfect for short cuts. Paste has a consistency that's appropriate se all over your hair, but gels should be used only on wet hair. Finally, mousse, beloved by many, delivers soft hold.

his abundance of styling products might make your head spin, but that's where fun lies: Experiment with a few, even mix them together, and your hair will ear thicker, your cut will stay fresh-looking longer and your style will hold all day.

IR HOW-TO After shampooing, coat your hair with a styling product of your oice. (For our model, Sally Hershberger chose a mousse.) Next, blow-dry your hair il it's smooth from the roots to the ends. If your hair is curly or wavy, run a flat n over random sections to finish straightening it. Finally, dab a bit of texturizing oduct on your hands, rub them together and work the product into the ends of r. (Don't put a glob of product directly on top of your head, which will simply ten your hair and make it look greasy.)



THE PERFECT PRODUCTS

Work a bit of styling cream, such as Bain de Terre Whip Into Shape (1), $11, or Aveda Control Granules (2), $29, into your hair before drying. Use no more than a squirt of the product, or your locks might end up limp and greasy. Once your hair is dry, touch up the ends with a flat iron, such as the Rusk Engineering 1" Professional Iron (3), $157.99, which has ceramic plates for smooth, snag-free straightening. Just be careful not to let the iron sit on your hair for too long or you risk burning your hair. Follow that by placing a dab in your palm of a texturizing paste, such as Redken Rough Paste 12 (4), $14.95, or Artec for L'Oréal Professionnel Texture Paste (5), $13.50. Rub your palms together to warm the product a bit, then press the product onto the ends of your hair. A product with a softer consistency, such as John Frieda Sheer Blonde Spun Gold Shaping & Highlighting Balm (6), $5.50, which Hershberger created for blond hair, adds soft hold to all shades and is easy to control. Finish with a light coating of hairspray, such as Bed Head Hard Head Hairspray (7), $11.95.

KICKY, FEMININE CURLS

Curly hair, while coveted by many, can be high-maintenance: Dryness is often an issue, as are frizz and flyaways. Also, from day to day, curly hair can have a mind of its own. But instead of straightening your curls into submission, or living with Shirley Temple–like curls, why not adopt the new dash-of-disheveled curly look? Since you already have curls to start with, you're ahead of the game.

Luckily, the curly-haired population has been inundated recently with products geared to their specific curl type, from loose to tight. The goal is clear: Nourish your curls (which can be drier than other hair types) and provide reviving help when necessary. Trust us, it's never been easier to love what your straight-haired friends wish they were born with!

THE PERFECT PRODUCTS

When your hair is wet, coat it with a curl-enhancing styler, such as Matrix Biolage Curl-Defining Crème (1), $12.95, KMS Curl Up Curling Balm (2), $13.95, or John Frieda Sheer Blonde Curvaceous Blonde Curl-Defining Styler (3), $6.50. Secure your twists with pins that are wide enough to accommodate thicker chunks of hair, such as Vidal Sassoon Curl Definition Pins (4), $1.59. A diffuser is the best tool for curly hair, and can be bought separately and attached to most blow-dryers. Try Conair Pro Styler Professional Finger Diffuser (5), $9.99. Dab a few areas, such as any pesky flyaways around your hairline, with a shine-enhancing spray, such as Philip B. Shin Shine (6), $25.50. Keep a curl-enhancing lotion handy, such as Umberto Giannini Curl & Twirl Spritz (7), $5.99, or Alterna Curls Shape Activator (8), $20, to bring curls back to life

HAIR HOW-TO Start with either freshly washed hair, or better yet, mist your dry hair with water and a curl-enhancing lotion until it's damp. Next, spritz your damp hair with a styling product specifically for curly hair (check the label), spraying evenly over your whole head. Comb through with a fine-tooth comb for even distribution. Then, divide your wet hair into sections, twist each section into flat coils and secure with small hair pins (twist many sections if you want a curlier look, few if you want to soften your already bodacious curls). If you have time, let the pin curls dry naturally, or help the process along with a diffuser. (Remember those? They're still useful, since they provide a softer air flow that won't disturb your handiwork.)

As you unroll each section of hair, don't be alarmed by your tightly wound ringlets, you can easily adjust the curl by finger-combing certain sections. Turn your head upside down, and with your diffuser, rough it up a bit to give it a modern volume. Finish with a generous spritz of shine-enhancing spray, which contains silicone for a weightless sheen. The benefit of a spray formula versus a liquid is minimal touching, maximum style.







SMOOTH, GLOSSY WAVES

If you're happy with your hair—whether straight or curly—but want to try a trendy look, then waves are just the ticket. Not only is wavy hair amazingly sexy and carefree, but it also combines the volume of curly hair with the smoothness and straightness of straight hair, making it relatively simple for any hair type to get. Ready to score a mane of waves? The trick is to use styling products that both smooth the hair (no frizzies, please!) and add volume. The right styling tools, such as rollers and curling irons, are important, too.

HAIR HOW-TO Begin with freshly shampooed hair, or if you're looking to quickly transform your hair without hitting the shower, simply spritz with a water bottle. Next, massage a golf-ball-size dollop of mousse directly into your hair, concentrating on the roots, but making sure your whole head is covered. If your hair is fairly straight, you can flip your head over and dry it with a blow-dryer, using your fingers to style. If your hair's a bit curlier, then use a round brush to smooth any kinks. (It might sound strange to straighten your hair before waving it, but curly hair needs to be flat before waves can be added back in.) Next, set your hair with hot rollers, which help to add shine, concentrating the larger rollers in the center of your head and the smaller ones around your hairline for more defined tendrils. After your hair dries, gently remove the rollers and let your hair fall naturally into an "s" shape. Finally, twirl a few sections of hair around the barrel of a curling iron—instead of wide the iron, which will give you a curly rather than a wavy look—midway through the length of your hair to its ends. Afterward, spray with one of the new hairsprays that don't harden, but instead leave a flexible hold. Voilà!

THE PERFECT PRODUCTS

Since shine is the hallmark of wavy hair, make sure to condition after shampooing. Try Pantene Lightweight Conditioning Foam (1), $3.99. Next, use a styling product, such as mousse, that gives your hair hold, such as Rene Furterer Volumizing Mousse (2), $18. You can also use a gel, such as ISO Multiplicity Tousle Cream 'n Gel (3), $16, which merges the holding power of a gel with the smoothing effect of a cream. Another option is Kusco-Murphy Setting Lotion (4), $18. Next, dry your hair almost completely, but don't worry about getting it perfectly straight—since setting in heated rollers, such as Revlon Natural Set hot rollers (5), $49.95, will smooth it out. Get rid of any fuzzies by running a drop of an anti-frizz serum, such as John Frieda Frizz Ease Hair Serum (6), $9.99, or Fudge Head Polish (7), $14.95, over the surface of your hair.



...LORIOUS, GLAMOROUS VOLUME

...ow you want it, but more than likely you just don't know how to get it. W... talking about volume, of course—not lots of it! While a 1960s-inspired mane is wh... usually comes to mind when discussing voluminous hair, the modern-day solution is utterly touchable and vibrant. Better yet, you can easily get this look without the aggressive (and damaging) teasing that made this trend such a hit back then. If your hair is naturally straight, then add some height to your roots to give yourself a wh... new look. Or if your hair is curly or wavy, and you prefer to wear it straight, add a bit of body to breathe new life into your style.

THE PERFECT PRODUCTS

Big, sexy hair that's soft to the touch starts in the shower, with shampoos and conditioners formulated to get you on the road to a sexy pouf. Try Graham Webb Thick Infusion Shampoo (1), $10.95, which gives the appearance of denser hair. Follow up with a hard-working conditioner, such as Dove Foam Conditioner (2), $3.69, which is light enough to give your hair lift while still delivering crucial moisture. Next, prepare your "set" by massaging in a mousse all over your hair, such as Paul Mitchell Sculpting Foam (3), $7.50, and rolling a few sections with Velcro rollers, such as Velcro Classic Stylers (4 and 5), $3.49. Finish with a dab of a soft cream for shine, such as Mario Russo Miracle Styling Crème (6), $24.50. Finally, run a natural-bristled brush, such as Mason Pearson Detangling Hair Brush (7), $60, to rid yourself of any strays.

HAIR HOW-TO Whether your hair is stick straight or wavy, the rule regarding voluminous hair remains the same: It all starts at the root. Begin by washing and conditioning your hair with the new volumizing products, which are formulated to thicken fine hair. The latest is conditioner in a mousse formula, which delivers the moisture that thin hair needs without making it heavy and limp the way a cream conditioner can. Next, douse your hair with a volumizing lotion or mousse, focusing on your roots and going right down to the ends. Once strands are coated in product, set them in Velcro rollers. You can either let your hair air dry—which might take up to an hour depending on how thick your mane is—or speed up the process with a blow-dryer. When your hair feels dry to the touch, carefully remove the rollers and try not to touch your hair too much—you don't want to deflate your hair's height.



Using the best conditioner for your hair? Take the quiz and find out: www.lhj.com/conditioner



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Step Into Spring

This season's footwear—from sneakers to sandals—features a sweet array of saturated color, sophisticated metallics and signature white



High style, comfort and an affordable price tag make hese gold, straight-from-Capri sandals a universal shoe. ewport News, $10. **2.** Citrus orange gives these cool, uede ballet flats a pop of modern color. Delman, $225. . These coral pointy-toed flats are a charming workday lternative to traditional pumps and slings. Ann Taylor, 99. **4.** Driving mocs have gone chic in white patent eather, which is easier to clean than plain leather. Lands' nd, $79. **5.** These classic Jack Purcells from Converse ave made a comeback, and are a sleeker option than hunky running shoes. Converse, $50. **6.** This embroidered polka-dot skimmer is one of spring's unique accessories, proving that "special" can also be versatile. Nine West, $69. **7.** Stacked heels add a little lift when you don't want to go completely flat. Tommy Hilfiger, $60. **8.** Ballet flats in "notice me" stripes are all you need to spruce up a plain outfit. French Sole, $185. **9.** Unconventional details, like this squared-off knot in sun-yellow patent leather, make these otherwise plain-Jane slides radiate. Jeffrey Fulvimari, $85. **10.** Fuchsia piping and a feminine bow make these ballet flats truly pretty in pink. Banana Republic, $108.

CONTINUED



1. Sweet topstitching finished with a feminine bow in brilliant fuchsia is the recipe for perfect thong sandals. Ann Taylor, $89. **2.** Less is more with these delicately buckled strappy sandals: You'll walk with uncomplicated style. Isaac Mizrahi for Target, $19.99. **3.** Why compromise comfort with stylish high heels that start pinching halfway through dinner? These sandals will go grace. Aerosoles, $65. **4.** Geometric dds a new dimension to the ever-popular $39.99. **5.** X marks the spot in d-embossed sandals—they'll ignite a "seasonal white" outfit. Isaac Mizrahi, $178.

6. Work these summer-suede slides into your office wardrobe—they'll finish off a lightweight suit perfectly. Coach, $170. **7.** These sleek, rhinestone-embellished silver sandals kick the style quotient up a notch. Mossimo at Target, $19.99. **8.** Don't have perfectly manicured toes yet? A pair of blush-pink, pointy mules are just the answer, and bring all the right attention to your feet. Anne Klein, $225. **9.** Patent leather is softened in this understated robin's egg–blue pair. Carlos by Carlos Santana, $79. **10.** Plain pumps go cutout and sexy in a pair of chic heels that dress up any outfit. Banana Republic, $128.

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On a breezy day at sea, o for a cotton windbreaker a drawstring hem to keep wind out and the warmth Dress it up with a sweater underneath and switch the pants with a skirt to be rea for the office or a dockside dinner. The transition for h is just as smooth with a simple change from this casual sailing jacket to a zi up sweater. On her: Jacket, Tommy Hilfiger, $79. Top, DKNY Jeans, $79. Pants, Guess? $54. On him: Jacke Henri Lloyd at West Marine $79.99. Sweatshirt, Nautica $79.50. Pants, Guess? $69. On boy: Life vest, Mustang Survival at West Marine, $59.99. Sweatshirt, Billabor $46. Shorts, Gap, $19.50. Sneakers, Airwalk

SMOOTH SAILING

Crisp and chic nautical-inspired styles in navy and white will help you chart your course from work to weekend (and back again) with ease



Inspired by sun and surf, this sleek neoprene jacket with navy piping says business chic when coupled with a lime green-and-white racing-stripe tank and a trim, navy skirt. When the weekend rolls around, use the jacket as a stylish cover-up over your shorts or swimsuit—perfect for a slight chill when cruising full sail. Jacket, $88, tank, $26, both Banana Republic. Skirt, New York and Company, $32.50. Necklace and cuff, Nine West. Bag, Rafé. BEAUTY BONUS: Get a glowing, ultra-soft complexion with H20 Plus Advanced Renewal Cream ($30), formulated with marine extracts to moisturize and smooth fine lines.



shion journal

OSITE PAGE: On her: s button front, fitted, navy ton jacket is a fresh rnative to the usual denim. chor it with a navy-and- te fine-striped pair lat-front trousers for fun he sun or a casual day work. Don't want to add other jacket to your rdrobe? Grab a shorter one m your favorite suit and r it with these casual nts. Jacket, Dockers, $45. hirt, Banana Republic, 1.50. Pants, H&M, $39.90. eakers, Kenneth Cole. nglasses, Max Mara. On n: This lime green T-shirt ds a subtle splash of color a pale striped sweater, t it's still very masculine. veater, $59.50, T-shirt, 6.50, both Banana public. Jeans, Gant. On y: Sweatshirt, Ralph Lauren ildrenswear, $42.50. T- irt, Gap, $19.50. THIS PAGE: is collarless jacket in eavier cotton canvas works vertime for you as the erfect fitted topper for a eeveless belted shirtdress. wap the dress for a pair of ans or shorts and you're eady for after-hours errands nd Saturday lunch. Jacket, ommy Hilfiger, $98. Dress, aac Mizrahi for Target, 19.99. Sweater, Michael Kors





POSITE PAGE: On her: Just a hours ago at the office, zip-up cardigan sweater ked absolutely chic over a ssic striped shirt and ncil skirt. Now it takes on a v life when paired with a yful pair of striped jeans. eater, Isaac Mizrahi for get, $19.99. T-shirt, Guess? 9.50. Pants, Esprit, $89. eakers, Converse. cklace, Nine West. AUTY BONUS: Lips stay otected from wind and sun th MD Formulations Lip lm SPF 20 ($12), packed th nourishing shea butter, amin E and tea tree oil. On n: White denim looks just sharp as the tried and true ue, and 10 times fresher. cket, Banana Republic, 225. Jeans, Guess? $69. ndals, Kenneth Cole. THIS GE: From 9 to 5, try this bstantial, chunky ribbed veater instead of the pected blazer. Its stretch nd flexibility allow you to ove through your busy day ith ease and polish. For a eekend sunset gaze, try it pped up with a pair of laxed drawstring pants to ard off evening chill. weater, $68, tank, $38, skirt, 58, all Banana Republic. unglasses, Max Mara. Red ag, Rafé. Tote bag, Coach

SET SAIL: The popularity of women's sailing and racing has soared over the past few years, and even sparked a new event for the 2004 Olympics: three-woman keelboat racing. Want to test your skills at the helm? Whether you're a novice or pro, log on to *www.asa.com* to find the sailing school best suited for you.

Ask Fashion/Beauty Creative Director Carla Engler a style question at www.lhj.com/askfashion



"My greatest joy is bringing the people close to me along for the ride . . . I love being able to share my life with them," says the loyal and lovely Vardalos

PHOTOGRAPHS BY FABRICE TROBERT

"You're not going **to hear *me*** complain!"

Isn't that a refreshing sentiment from a celebrity? Nia Vardalos still proudly remembers selling off the contents of her cupboard to pay the bills. Now, on the heels of *My Big Fat Greek Wedding,* she's back in another wacky, warm, cheer-for-the-underdog movie

BY JEANNE WOLF

On a sunny morning in Los Angeles, Nia Vardalos comes rushing into an interview with a gray newsboy-style hat and a few curly strands of hair pulled out around her face. "I'm conditioning my hair," she explains. "Tom [as in Hanks, husband of Rita Wilson, who produced *My Big Fat Greek Wedding*] makes fun of this hat whenever I wear it. He sees me and kids, 'Yes, I'll take a newspaper.' "

Wonder what Hanks will think when he sees the electric-blue eyeshadow, foot-long lashes, sequins, wigs and feathers Vardalos, 41, sports in her new movie, *Connie and Carla.* She and her co-star, Toni Collette, play female singers who go undercover as drag queens singing at nightclubs while hiding out from the mob.

While this sing-along, cotton-candy confection—in shades of neon—might leave art-film aficionados cold, it will please the heck out of the *Chicken Soup for the Soul* crowd with its down-home, good-hearted, "pull yourself up by your bootstraps and good things will come your way" charm.

Think of it as *Funny Girl* meets *I Love Lucy,* by way of *The Bird Cage* and *Some Like It Hot,* mixed with a little downscale *Moulin Rouge.* Or look at it as dinner theater meets burlesque drag meets heartwarming family values, à la Vardalos.

It's not surprising how she fills the big screen with her stubbornly big-hearted persona (everything America loved enough to make *My Big Fat Greek Wedding* the highest-grossing independent film ever is in evidence here). What may surprise many is the lovely voice she displays in numbers from "Don't Cry for Me Argentina" to "I'm Gonna Wash That Man Right CONTINUED ON PAGE 118

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"The first day Toni and I met, we hugged and became instant friends" says Vardalos (right) of Collette, who plays Carla

theater, where. I was clearing

Toni Collette (whom audiences will remember from *About a Boy*,

"WE STILL LIVE IN THE SAME HOUSE—THOUGH SOMETIMES A LIMO DOES COME TO PICK US UP"

also turns out to have a powerhouse stage voice, and though she'd easily be able to star in only Broadway musicals from now on, she's such a deft and witty actress that she'd be missed from movies too much.

Debbie Reynolds, the patron saint of over-the-top musical numbers, does a sweet self-parodying star turn in *Connie and Carla*. "She is my idol," says Vardalos. "She was a tough, cool woman before that was generally accepted in Hollywood. I actually had a bit of a *Field of Dreams* moment when we got her, because I wrote it . . . and she came!"

Vardalos's husband, Ian Gomez *(Felicity, Drew Carey)*, plays the movie's dour but secretly sweet club manager. "It's no fun for me without him," Vardalos explains. Gomez had no fun himself during some of Vardalos's scenes with David Duchovny, who plays Carla's crush in the movie. "He didn't want to see us kiss one bit. During the final love scene, he was hiding behind one of the drag queen's wigs."

With lots of kissing, crying and laughter, *Connie and Carla* is really just a heart-on-the-sleeve homage to the old-fashioned musical, with all its unbridled optimism and romanticism. "Just try and be in a bad mood while singing a show tune," Vardalos says playfully.

Q: You're so positive! We never hear you talking about the downside of all the changes in your life over the last couple of years.

A: You're not going to hear *me* complain. This last year and a half has been like my own personal debutante party. A lot of things have changed in my life, but the most important things have stayed the same. We still live in the same house in Los Angeles—though sometimes a limo does come to pick us up now. The night of the Oscars, the neighbors came out and applauded. We still have the same friends, but we've also met a lot of incredible people we never thought we'd know. I get to wear amazing clothes, but at the end of the night I come home and flop on the couch and eat Cheetos and watch *Sex and the City*. I only get one life, and I plan for it to be a happy one. That's my motto.

Q: But now you have money. Are any long-lost relatives coming out of the woodwork with their hands out?

A: Are you kidding? We're Greek.

We already know all of o relatives. Most of mine ca to the *My Big Fat Greek Wedd* premiere in New York and h a good laugh at themselves have never felt jealousy fr any of them—only pride—a of course, lots of suggestion My cousins still won't let m pay when I eat at their resta rant. And when people ask m parents, "Are you proud your daughter?" They say, "We proud of *all* our children."

Q: When you go home to Canad do your folks show you off?

A: Oh, sure. I'll be sitting in my p jamas and *knock, knock, knock,* th door opens. I'm like, "Oh, hi, M So-and-So"—who I haven't seen in 2 years. And he's like, "How are yo doing?" And then *snap,* he takes picture of me.

Q: How did you figure out how t handle all this fame and confusion?

A: The only time I went crazy wa when I started hearing things abou myself that were untrue. When w were the underdog but the film wa rising, somebody said to me, "Wher the stories get out about how much money the film has made and how much money you're making, they're going to turn on you."

Q: What kinds of things did you hear about yourself?

A: A lot of things—that I was with Colin Farrell, that I was making out with Joey Fatone of 'N Sync, who was in *Greek Wedding*. Also that I had a gambling problem, a face-lift, a boob job, that I lost weight because of the pressures of Hollywood, that I was difficult to work with. It CONTINUED

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"I'VE GONE THROUGH DISAPPOINTMENTS WITH FERTILITY, BUT IT DIDN'T DEVASTATE ME. AND I HAVE NOT GIVEN UP YET"

other check and let it go. I can't be held hostage by celebrity.

Q: There were very personal questions, too. There have been people who even asked you why you don't have children.

A: Yes, they asked, sometimes sensitively and sometimes not. Clearly, if you're 41 and you've been married for 10 years, which I am, there's something going on. I have had difficulty. I went through disappointments with fertility. That's all I want to say about it, if that's okay, because it's very tough to talk about, but I have had eight years of difficulties. I can't pretend it didn't suck. But it didn't devastate me. And most important, I have not given up yet.

Q: And Ian backs you all the way?

A: Yes! I told him, "Trade me in for another model." [laughing] And he says, "I'm looking. I'm looking."

Q: No jealousy–no envy of your fame from him?

A: He's [illegible] and that is a big [illegible] because we don't compete, thank God. He loves it when I'm out [illegible]. Every time I walk d[illegible] someone is [illegible] he laughs. He thinks [illegible]

Q: Does it upset you [illegible] position on how much money you've made that he's made?

A: Well, I made more money than Ian last year, but it's [illegible] life.

Q: Is he romantic?

A: He brings me coffee in the morning, and it's the sweetest moment when we just sit and talk about what we're going to do that day. We have a rule: no questions in the morning. That's when I'm grouchy. I can't think in the morning. Nobody in my family is a morning person.

Q: Okay, so you're not a morning person. But people have called you a risk taker. Is that true?

A: I think what Ian and I did when we came to L.A. was risky. We had a lot of money in the bank that we thought we could live on for a year, but we went through it in about three months. I could not get an acting job to save my life, but it turned out to be the best thing that happened to me, because I sat at home and wrote.

Q: How did you manage when you weren't earning enough money to make ends meet?

A: We lived on credit cards for a couple of years, and when we maxed those out, something would always happen–like I'd get a voice-over gig, and I would get $365 to put toward rent for the next month. I refuse to refer to that time as hardship, because we were pursuing a dream. We were not trying to put food on the table for a family of six. It took a lot of ingenuity, and we had to be [illegible]ful, and we couldn't afford [illegible] Starbucks coffees at $4 a pop.

Q: Did you ever ask your folks [illegible] money?

A: No, we didn't. We both refused [illegible] do it. We never even told them. [illegible] were just absolutely adamant that [illegible] would make it on our own.

Q: Yeah, but your parents know y[illegible] well enough to know you were goi[illegible] through troubles. Were they worri[illegible] about you?

A: We just never admitted it [illegible] them. Never. We had yard sal[illegible] to try and make rent, things lik[illegible] that. I'd go through the cu[illegible] boards and say, "What don[illegible] we need?" and sell stuff. On[illegible] time we made $350 with a yard sal[illegible] We were creative. And then Dre[illegible] Carey put Ian on seven episodes of h[illegible] show, and we were like Yeee-ha! An[illegible] then we bought a house. We didn[illegible] buy the house as a splurge–we boug[illegible] the house as a way of saving, instea[illegible] of throwing money away on rent.

Q: You've been lucky that you've been able to control so many of you[illegible] projects, which was not the case wit[illegible] the TV version of *My Big Fat Gree[illegible] Wedding*.

A: No, and I think I made a mistak[illegible] not pushing back hard enough which is why the rumors about me being a problem are so funny to me. Perhaps if I had been difficult, the show would have been good. But it's nobody's fault. I signed the deal for the sitcom before the movie came out and knew that because of the timing, I wouldn't be able to write it myself.

Q: Did you know while it was taping that it wasn't hitting the right notes?

A: We'd hide in my dressing room with the scripts and go, "This is not so good." And in her inimitable, sardonic way, Lainie [Kazan, who played Vardalos's mother in the movie and show] would say, "Nia, I'm just wondering. CONTINUED



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e they seen the movie?"

Even when all the words are
rs, is the transition from script to
e sometimes surprising?

Well, I have a problem realizing
n I write something that it's actu-
going to be filmed, you know. I
te a whole bunch of make-out
nes in *My Big Fat Greek Wedding*,
n suddenly I was in a car with
n Corbett. In the same
y, I had to show up at 4
. for our makeup call on
nie and Carla and two hours
er I'd look in the mirror
d go, 'Who's that?' It was
incredible transformation and
in, not one that I visualized.

You had a million costume
nges . . . all outrageous.

I had to wear panty hose–and I
ver wear panty hose, because I just
l like my privates are being held
stage. For the tight dresses, I even
d to wear control tops. I felt like
en my toes were constricted; you
ow, bondage wear. And I had to
ıd my chest, too. But I just did it
ıd danced and sang and loved
ery minute of it.

: And you cast David Duchovny to
your love interest?

: Yes, I did. I kid Ian that I picked
avid because he's nonthreatening.

: But he's funny, and that makes
m much more dangerous.

: Don't spread the word to my
usband, but now I know that he's
ınny, attractive, sexy and kind.
With a very, very wry sense of hu-
ıor. And we played pranks back
nd forth for the whole shoot.

: Such as?

: Toni and I toilet-papered his trailer
n day one, and he gave me a sly look
n the makeup trailer and said, "All
'm going to say is, first blood." And
hen he started.

Q: What did he do?

A: He took a picture of himself hang-
ng a poster and put it in my parents'
race but, by the way, I had the art
department blow it up huge. And
when he came running into the shot
for a close-up, we were just holding it
up, poster size.

Q: Here's a crazy question: If you
were forced to pick one body part to
have plastic surgery on, what would
it be?

A: I guess I would get a buttectomy,
if that's the word. I want one of those
fluffy dancer butts. Tighter and so
high that the butt cleavage starts at
your neck.

Q: In *Connie and Carla*, your character
stands up for herself as a man and
speaks her mind in a way she didn't
think she could as a woman.

A: In my own experience in Holly-
wood, men can have a tantrum and
that's considered powerful, a creative
burst of passion by an artistic genius.
A woman says, "Oh, I'm not sure
about that," and she's labeled trouble,
a bitch. And I find that ridiculous
and funny.

Q: But there are plenty of messages
in *Connie and Carla* for regular, every-
day people as well.

A: Fans' reactions make me realize
that everybody feels left out, that
they're outsiders. It's a bonding expe-
rience to learn that we're all geeky lit-
tle girls. I'm trying to just get out the
idea that we all feel different, but in
the end we're all the same.

Q: The way you and Ian chased
your dreams, on your own terms–
did that inspire your new movie?

A: W[illegible] who you are.
ou're stuck with you. You
might as well love yourself.

Q: Your character, Connie, says, "I
wish I was normal. All I wanted to do
was to have a big brood of kids, drive
them to school every day." Have you
had that feeling?

A: Yeah, absolutely. It would have
been an easier path if a nice Greek guy
had asked me to marry him, and I had
stayed in Winnipeg and had a life with
kids living close to my family. I miss
my parents and my sisters and brother.
But this is what chose me. A nice
Greek guy didn't ask me to marry
him. It's not like I said no to a certain
life. Nobody asked me, so I thought,
All right, I'll go off on this theater
school route and do all these musicals.
Then I got into Second City, which
was like a home to me for so long.

Q: If people just come to *Connie and
Carla* and laugh and sing along and
don't go any deeper, is that okay?

A: Absolutely. Nobody likes to be
preached to. Especially me. All I
want to do is show what I believe to
be true, but if people can laugh
through it, I think they will still hear
the message. There's nothing better
than two sounds–laughter in the
audience of a movie theater and
French fries cooking!

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When Princess Diana [illegible] in a horrific car crash almost seven years ago, the world mourned. But disturbing questions and new information have prompted an investigation by British authorities that has left the royal family—especially Diana's sons—stunned and shaken

BY RICHARD KAY

A Royal Murder Mystery

When Princess Diana died [illegible] in a car crash in 1997, it seemed, to the millions who [illegible] to be the queen of hearts. A natural fountain of an, she was aglow with youth, beauty and warmth. We wanted to dress like her, [illegible] like her, be like her. The People's Princess, we called her. [illegible] beloved boys, William and Harry.

[illegible] Prince Charles, [illegible] first and longtime love, Camilla Parker Bowles. But the princess again [illegible] center stage when, on January 8, the British royal coroner announced plans to open a formal inquest (required by British law whenever an English citizen dies by violent death overseas and is then buried back in Britain) into the deaths of Diana and her then-boyfriend, Emad Mohamed Dodi al Fayed. It was also announced that at least a year would be needed to fully investigate the crash before the actual inquest would begin.

All the preliminary findings suggest that the car crash inside Paris's Alma tunnel, which killed not only the princess and Dodi, but also the car's driver, Henri Paul, was an unfortunate accident. In 1999, the French government released a summary of their official report—the culmination of one of the biggest investigations into a car crash in French history. No fewer than 30 detectives interviewed hundreds of witnesses and concluded that the car crashed because Paul was intoxicated and driving too fast.

But as it was after the deaths of President John F. Kennedy and Marilyn Monroe (admittedly two very different cultural icons), conspiracy theorists have suspected foul play from the beginning. Whenever someone so beloved, so famous all over the world, dies so young and under controversial conditions, the conspiracy theorists emerge with a vengeance. In this case, too, the debate over Diana's death just seems to grow with time. Was it an accident or foul play? And if it was a conspiracy, who could be behind such a gruesome CONTINUED

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Vanilla Birthday Cake made with McCormick 100% Pure Vanilla



Princes William and Harry castigated Burrell's book, saying it was a "cold and overt betrayal." They have also said that they would be willing to meet with Burrell to discuss the matter

ie? In a recent poll by *Ladies' Home Journal*, 54 percent of respondents said they believe cess Diana was murdered.

hat has long been the stance Dodi's Egyptian-born father, hamed al Fayed, owner of rrods and the Paris Ritz, n which Diana departed on final and deadly drive.

I suspect not only Prince rles but Prince Philip, who racist," al Fayed charged retly. "It is absolutely black-l-white horrendous murder."

The only semiofficial royal ponse was from Colleen Harris, nce Charles's former press secrey, who said that the claim was "ut- rubbish." The very fact that nce Charles and his father, Prince ilip, would be named publicly is dence of how unusual and out of ntrol the situation has become.

It is expected that one day Prince harles will be the King of England. hile his mother, Queen Elizabeth has said that she has no plans to p down any time soon, the prince, cording to sources close to him, is rful that when the time comes, his cendance will be tainted. Prince harles must also be concerned that e controversy might keep his moth- from granting him permission to arry Camilla Parker Bowles, with hom he now lives at Clarence ouse, a royal residence in London. According to the Royal Marriage act f 1772, all members of the royal mily must secure consent from the tting monarch before marrying.)

Throughout these difficulties, the rince has continued with his many ofcial duties—he attends more than 500 ublic engagements a year—including hose for his philanthropy, The Prince f Wales's Charitable Foundation. When not working, he makes time to hunt and visit his country home, Highgrove, with Parker Bowles. Nevertheless, the frustration of these allegations is almost impossible for him to bear. How on earth, he has lamented to friends, according to the *Daily Mail*, could anyone seriously imagine that he had the mother of his sons killed?

Throughout it all, Princes William and Harry have been doing their best to go about their lives. William will graduate from the University of St. Andrews in Scotland in the summer of 2005. After graduation, the prince has talked about going to graduate school in the U.S. Prince Harry is in the middle of his "gap" year, spending the first half in Australia, working on a sheep station and ranch learning to wrangle cattle as a jackeroo. Soon, he'll start his Army-officer training at the Royal Military Academy Sandhurst. They are both expected to spend part of the summer with their father at Birkhall, their home in the Scottish Highlands.

While the princes continue to date, they have become careful not to be seen publicly with girlfriends, and, noticeably, many of the young women in their company are friends' sisters or

lately, Harry was seen at bars in Australia, while William, closer to home, is less into clubbing, most likely because of the ever present paparazzi.

The princes are soldiering on, not an easy task considering both the British investigation, which is now getting under way and the surprising number of questions stemming from the deadly events of August 31, 1997, that have arisen. While some of these are childish theories, there are also questions that stem from hard physical evidence. Patricia Cornwell, the respected forensic expert and crime novelist recently conducted her own investigation into the crash for ABC News. By examining the police diagrams of the tire tracks left in the tunnel after the crash, she deduced that the brakes may not have been deployed. She called the marks "yaw" marks, the sort that would be left by a sharp turn at a high speed, rather than the "skid" marks that would have been left had the brakes been used. Had the brakes malfunctioned when Paul tried them, whether due to sabotage or vehicle error, yaw marks would have been the result.

The British inquest was opened at the same time that enormous worldwide attention was being given to claims made by Diana's former butler, Paul Burrell, in his 2003 book, *A Royal Duty*. Burrell was considered to be quite close to the princess, and the book contains a letter, supposedly written by Diana 10 months before the crash, in which she revealed her fears to Burrell. "My husband is planning an accident in my car, brake failure and serious head injury in order to make the path clear for him to marry," Diana CONTINUED

letter.

of Diana's (beginning when [illegible] in 1993, to cleanse Kensington Palace of "negative energy") alleges that the princess had frequent bouts of paranoia. She maintains that at different times Princess Diana believed that everyone from the CIA to the Saudi royal family were trying to have her killed.

Burrell's book and its shocking revelations changed things for Princes William and Harry. The former butler used to play with the boys, and was as close to the young princes as their own father was while they were growing up. The effect of the book, as far as Prince Charles and his sons are concerned, has been blistering. Prince William even issued a statement on behalf of himself and his brother declaring Burrell's book to be "a cold and overt betrayal" of his mother. "It is not only deeply painful for the two of us, it would have mortified our mother," he said.

According to a senior royal aide, they are desperate for the inquest to be held so all this nonsense can be laid to rest. They love their father, they trust him, and they know the idea that he might have done anything physical to harm their mother is preposterous.

The Duchess of York, Sarah Ferguson, a close friend of Diana's, called the allegations against Prince Charles, "disgraceful. It's absolutely outrageous."

While [illegible]

dence one can give Burrell, attention must be paid to the other questions [illegible]

SAYS A ROYAL AIDE, THE PRINCES KNOW THE IDEA THAT THEIR FATHER MIGHT HAVE DONE ANYTHING TO HARM THEIR MOTHER IS PREPOSTEROUS

consistencies. For one, during the autopsy, the driver's blood was found to contain 20.7 percent carbon monoxide. While trace amounts of carbon monoxide could have been inhaled by Paul because of auto emissions caused by the crash, 20.7 percent is an inexplicably high amount; someone with that level of toxicity would not have been able to walk, much less drive. Some think that Paul's blood sample was swapped for someone else's at the hospital, or more nefariously, tampered with to implicate Paul. A request by Paul's family to DNA test the blood was rejected by French courts.

There are also those who thought Paul was "working for the British secret service," as an agent hired to cause the crash. This is partially due to the £102,000 found in Paul's 13 separate bank accounts. This theory stems from claims made by a former British intelligence agent, Richard Tomlinson, that he'd seen Paul's name in MI6 (the British version of the CIA) files. Paul's name was most likely there, however, simply because he worked for the senior al Fayed, who was considered a threat to the British establishment. There have [illegible] credible explanations for the size and spread of Paul's assets.

Another source of ongoing su[illegible] cion has been the mysterious w[illegible] Fiat Uno that some thou[illegible] had "deliberately clipped" [illegible] ana's car as it entered the t[illegible] nel, causing the crash. W[illegible] the French investigation did[illegible] port that Diana's car w[illegible] brushed by a car, the rep[illegible] also concluded that the F[illegible] didn't cause the crash. Eer[illegible] James Andanson, who was s[illegible] posedly driving the car (it w[illegible] never proved), died in 1999 [illegible] der mysterious circumstanc[illegible] burned to death in a car.

It has been widely reported th[illegible] the French surveillance cameras [illegible] the Alma tunnel had been turned [illegible] face the wall on the night of t[illegible] crash, preventing footage of the co[illegible] sion that might have provided clu[illegible] This remains a puzzle. The day aft[illegible] the crash they were turned back [illegible] their normal positions. The Fren[illegible] authorities have made no offici[illegible] statement on this.

Unfortunately, there are no nea[illegible] easy answers and there may neve[illegible] be. The British investigators hav[illegible] their work cut out for them as the[illegible] begin to sift through the layers an[illegible] layers of rumors, accusations an[illegible] conflicting evidence. What is certai[illegible] is that Princess Diana's legions of ad[illegible] mirers will continue to wonder wha[illegible] really happened on that fateful nigh[illegible] to the People's Princess, and wil[illegible] watch the inquest's development[illegible] with interest. One can only hope, fo[illegible] the sake of the sons Diana left be[illegible] hind, that all these mysteries will be[illegible] solved and that the princess can final[illegible] ly rest in peace.

See our Princess Diana photo album at: www.lhj.com/diana


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Still an Angel

You loved her in *Charlie's Angels.* Now she's back on the hit TV show *Las Vegas,* chatting about her happy marriage and golfing in the nude

BY JEANNE WOLF

G[illegible] hilarious [illegible] comedies, the [illegible] commercials [illegible] Charlie's Angels [illegible] but it's actually [illegible] new, *Las Vegas*, [illegible] Deline, wife of Ed [illegible] legendary chief of security for *Las Vegas*'s fictitious Montecito Casino. With co-stars Josh Duhamel, Vanessa Marcil and Molly Sims, the show embodies the flash and fun of life on the strip in Sin City, and Ladd, 52, is enjoying every second of it.

Q: Is it a kick for you to be on a hit TV show again?

A: Yes, because I have a different perspective than when I was younger. I love my work, take it seriously, but I know I'm lucky to have a more personal world to go to. Between losing my dad, working with the USO [United Service Organizations], and my wonderful family, everything's combined to give life a richness and a non-self focus that is so wonderful.

Q: Tell us about your TV marriage to [illegible].

A: As Ed, Jimmy's that hard-ass who's softened by devotion to his wife. She's the only [illegible] bring him up short. They're crazy about each other and [illegible].

Q: You've been married to [illegible] to author Brian Russell since 1981. How have you made it work?

A: I've figured out that you have to be with a person whom you're innately compatible with. And, since I'm an avid golfer, sometimes I practice my golf swing for him naked–he loves it!

Q: You're close to your daughter Jordan, 29 [from Ladd's first marriage to David Ladd], and Brian's daughter Lindsay, 27 [from his previous marriage]. Have you struggled with balancing work and motherhood?

A: It was no picnic during *Charlie's Angels*. Halfway through my four years on the show, I was divorced. After *Angels*, I married Brian, and I was home more, so we did homework with the girls. I can't imagine trying to do it all. Single mothers have my undying admiration–it's so difficult.

Q: Was your fame ever hard f[illegible] your girls when they were little?

A: Sure. I'd go to their school a[illegible] Jordan would say, "You don't loo[illegible] like the other moms." So then ne[illegible] time, I'd go to their school with [illegible] makeup and she'd say, "My friend[illegible] don't think you look like a *Charlie[illegible] Angel*." I couldn't win!

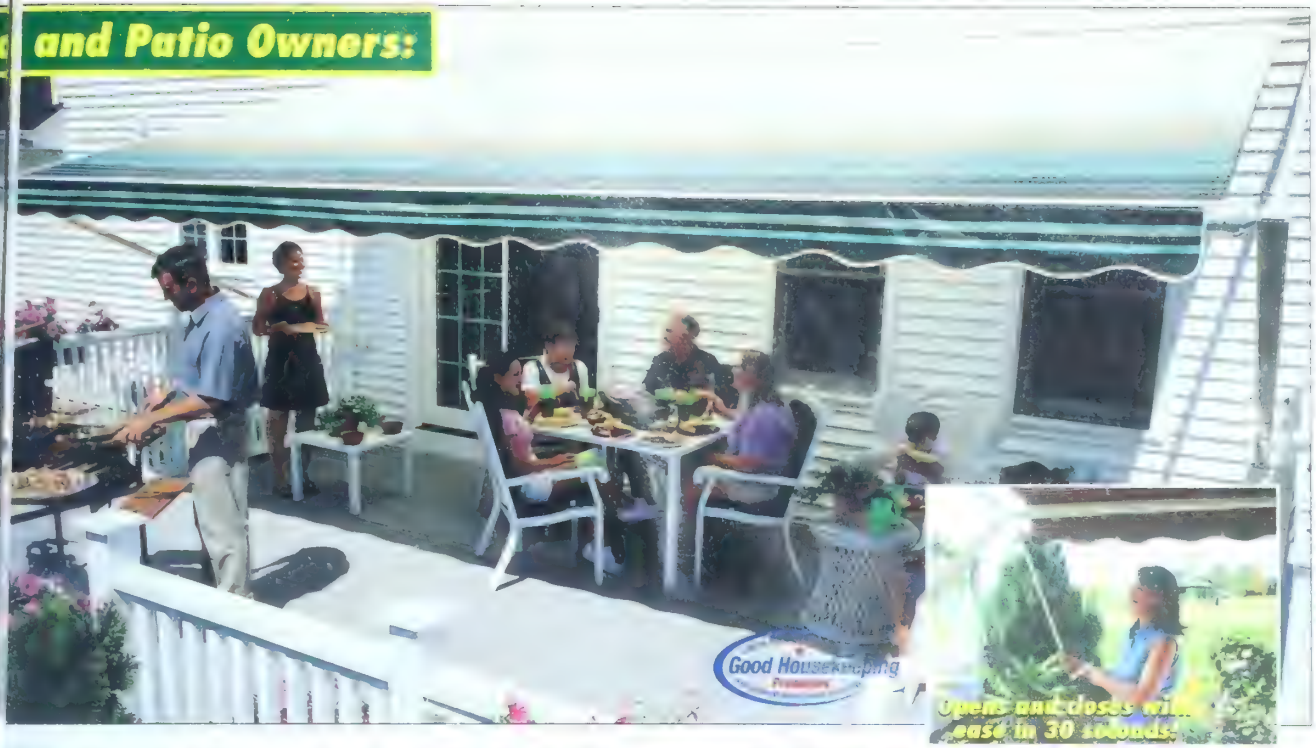
Q: Is that attention different now?

A: Now I enjoy it when people no[illegible] tice how I look. I do take care of my[illegible] self, I watch my diet, and I've earne[illegible] every crinkle in my face.

Q: Do you ever use that famou[illegible] *Charlie's Angels* line, "Freeze," for fun?

A: Depends on how much wine I've had or if we need a laugh. Once a[illegible] Angel, always an Angel!

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The Stressed-out American Family
PART TWO

HOW STRESS MAKES YOU SICK

Stress can damage almost every part of your body, from your brain to your bones. It can make you fat and even take years off your life. Here, your antianxiety action plan

BY LESLIE LAURENCE

It's 1 A.M. and Michele JuVette, 42, a day care provider in Mansfield, Texas, and the mother of four boys—"five if you count my husband," she jokes—is ready to call it a day. She's been going nonstop since 6 A.M., getting the boys, ages 6, 9, 14 and 16, off to school, juggling calls for her home-based business, tending to the three infants in her care, scheduling upcoming extracurricular activities, picking the boys up from school, making dinner and cleaning up afterward, helping the children with homework, and passing her husband, Scott, 42, photo director of a video-production company, as he comes in the door and she goes out to do grocery shopping and other errands. She's dead tired when she finally crawls into bed, but as her head sinks into the pillow, her mind starts to race with all of the things she needs to accomplish tomorrow. She's lucky to get four or five hours of shut-eye, not nearly enough to start it all over again the next day. "We are at maximum overdrive on a constant basis," she says of her family.

All this craziness is taking a toll on her health. A normally upbeat person, JuVette feels depressed and run-down. And she has another, surprising symptom: One day after a shower she noticed an unusually large amount of hair in the drain. Then she found wads of brunet CONTINUED

...idfuls."
...out illnesses such as thyroid disease ...connected her hair loss was a symptom of stress. "I was shocked ...stress was doing to my health," she says.

Like JuVette, most of us don't know that stress can affect so many different parts of our bodies, from our muscles and tissues to our blood vessels and organs. It speeds up heart rate and respiration, raises blood pressure and body temperature, and can interfere with metabolism, appetite, digestion, sexuality, fertility and sleep. It can shut down a woman's menstrual cycle, perhaps triggering early menopause, and can decrease a man's production of testosterone, impairing his fertility. New research suggests that high levels of stress during pregnancy can actually make a woman's children more sensitive to stress. Stress weakens our immune system, can exacerbate depression and impairs our memory by shrinking a crucial part of our brain, perhaps permanently. It can make us fat and, if allowed to progress unchecked, stress can contribute to such life-threatening conditions as multiple sclerosis, lupus, rheumatoid arthritis, osteoporosis, cancer, diabetes and heart disease.

The science supporting these conclusions is now unequivocal. "We know stress can kill," says Esther Sternberg, M.D., chief of the section on neuroendocrine immunology and behavior at the National Institute of Mental Health in Bethesda, Maryland. "If the body doesn't have ...the effects of stress compound, with a longer-lasting and more harmful effect ...

ic stress, defined as ongoing worries that continue over several months or longer, may shorten life expectancy by 15 to 20 years, according to researchers at the National Institutes of Health.

When Stress Is Good

The stress response originates in our heads or, more precisely, in the hypothalamus, a section of the brain that regulates blood pressure, body temperature, respiration, sleep-wake cycles, hunger and sexual function. The hypothalamus has another job: to survey our surroundings for danger and prepare us to fight or flee. It does this by sending out a warning to the adrenal glands, which in turn flood the bloodstream with adrenaline. This hormone increases our heart rates and sends blood to our muscles and extra oxygen to our brains to keep us alert. At the same time, our brains secrete natural painkillers, known as endorphins, to help us withstand injuries we may incur. The hypothalamus also sends a substance to the pituitary gland in the brain, which triggers the adrenal glands to make the stress hormone cortisol, which releases glucose and fatty acids for extra energy. This whole process may take only a few seconds.

Under life-or-death conditions, all this is beneficial, as when, for example, a mother needs to rush into the street to scoop her child from the path of an oncoming car. But can stress be good on a more regular basis, too? Absolutely, says Dr. Sternberg, author of *The Balance Within: The Science Connecting Health and Emotions*. We need those extra jolts of adrenaline to achieve peak performance in our CONTINUED

KELLOGG'S
RICE KRISPIES T
BUNNY

3 tablespoons marg
or butter

1 package (10 oz, ab
marshmallows or 4
miniature marshma

6 cups Kellogg's Cocoa
cereal, prepared fro
candy-coated choco
candied mints, taffy
aerosol whipped crea

1. In a large microwa
melt margarine and mars
on HIGH for 2 minutes
after 1 minute.

2. Add Kellogg's Cocoa Kri
cereal, stirring until well
Reserve a small amount o
mixture for bunny ears an
Spread remaining cereal
into a shallow 15" x 10" x
foil pan coated with coo
spray. Let cereal mixture
slightly. Cut into bunny s
using a rabbit-shaped coo
knife or a rabbit-shaped c
cutter.

3. Spray hands with coo
and shape reserved cere
into ears and arms, att
pop, with frosting. Decorat
using chocolates and jelly
eyes and nose, and mini
feet. Attach decorations
frosting. Tip: Cereal mixture
be spread into two 13" x 9"
baking pans in place of the
roll pan.

4. Create bunny tail by using a
of aerosol whipped crea
Yield: 3-5 bunnies.

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Kellogg's RICE KRISPIES

daily lives. Unlike animals, however, humans also face psychological stressors. Whether they are imminent (such as difficulty paying the rent or mortgage) or longer-term (a child not doing well in school), the stress hormones rush to our aid. If our internal feedback system is working properly, when the threat or our stressful thoughts about it have passed, our adrenals send a message back to the hypothalamus telling it to stop producing excess cortisol and adrenaline. Many of us, however, are so overwhelmed by stress that the circuit doesn't stop, too much of a good thing turns bad and these chemicals act like a poison, which can then negatively affect our health.

How Stress Makes You Fat

Stress may depress the appetite—at first. But as cortisol levels rise, so does our desire for food. We don't tend to reach for something nutritious, though, such as carrot or celery sticks. We're more apt to crave sugary, carbohydrate-rich and fatty foods. "It's very clear from experiments with animals that eating starches and sweets blunts the stress response," says Louis Aronne, M.D., clinical associate professor of medicine and director of the Comprehensive Weight Control Program at New York-Presbyterian Hospital, in New York City. Cortisol is the key player, triggering the body to seek high-energy foods. Once we've stuffed ourselves, the fat cells send signals back to the brain telling it that we've refueled and the brain stops producing stress hormones, which relaxes us—temporarily. If we're under chronic stress, as soon as we burn the fat deposits off, our cortisol level spikes and stimulates our appetite again. "It's a vicious circle," says Dr. Aronne. "You're in chronic stress and your body is producing hormones that increase the pleasure of eating sugar, salt and fat. But the more you eat, the hungrier you get."

Because cortisol remains elevated for hours after the stress has subsided, "our appetites stay ramped up for a very long time," notes Susan Talbott, Ph.D., director of the nutrition clinic at the University of Utah in Salt Lake City, and author of the *Cortisol Connection*. As a result, she says, "We eat when we're not really hungry—and we get fat." Stress can also trigger a disorder known as night-eating syndrome, in which people eat one-third or more of their daily calories after the evening meal, sometimes getting up once or twice during the night to snack. In fact, scientists think this syndrome may be an unrecognized stress-related contributor to the obesity epidemic in this country.

Heart-Stopping Risk

Stress doesn't just make us fat, it influences where that fat goes, and that has a bearing on our heart health. Before menopause, when production of estrogen and progesterone is high, women tend to gain weight at the hips, producing the so-called pear shape, while men put on pounds around the abdomen, the apple shape that is associated with heart disease. In women, however, chronic stress can cause excess fat to build up around the abdomen, placing us at greater—and earlier—risk for cardiovascular disease.

The link between stress and cardiovascular disease is well established, but scientists are still working to pin down more of the complex ways that stress damages CONTINUED

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...that sends more oxygen to the heart muscles. If the constriction lasts long enough, a heart attack can result. Stress can also cause blood pressure to stay elevated, a condition we know as hypertension, potentially damaging the blood vessels in the coronary arteries and triggering a heart attack in otherwise healthy people, says Bruce S. McEwen, Ph.D., head of the neuroendocrinology laboratory at Rockefeller University in New York City and co-author of *The End of Stress as We Know It*. In fact, a sudden severe stress, such as the death of a loved one, can cause the inner layer of the blood vessels to constrict, increasing the risk of sudden cardiac death. Stress also ratchets up the risk of death in people who already have heart disease.

For women, stress may also lower estrogen levels in the blood and increase the risk of heart disease before the onset of menopause, a time when most women have natural heart protection. If severe enough, stress can actually reduce estrogen so much that women stop menstruating. But even moderate drops in estrogen that don't cause symptoms can have adverse effects on the heart.

Can Stress Cause Colds and Flu?

We've all had the experience of catching a cold or the flu when we're under a huge amount of stress. There's a physiological reason for this, and cortisol plays a starring role. Normally our white blood cells, or immune cells, fight off intruders such as bacteria and viruses. But extreme stress can overwhelm the troops, so the immune system relays a message to the hypothalamus in the brain, calling for reinforcements. The hypothalamus responds by raising our temperature to make the body inhospitable to intruders. It also engages the pituitary and adrenals to produce cortisol, which sends more white blood cells to sentry posts throughout the body.

Then, something unfortunate can happen. "As stress hormones and chemicals pour out, immune cells never get a chance to recover from the unabated rush of cortisol," s...



An Invitation To Tea

Beautiful place settings tell your guests how much you want to share time and conversation with them—as well as the tasty treats you've prepared.

This spring, set a graceful table with four 8 ½-inch dishwasher and microwave-safe tea plates—in pink, yellow, spring green, and blue. Add 2½-inch-tall egg-shaped ceramic placecard holders with a pearlescent finish and egg-shaped candles perched in egg cups to complete the look. Rising to the occasion on tall stems, a set of glass-covered pedestals (from 11 to 20 inches tall and 5 inches in diameter) makes a tabletop statement. *Order early; quantity limited.* Sharing center stage, a hand-painted glazed ceramic teapot set (*inset*) featuring a flowers and ribbons design. The design is completed when the "ribbons" cup is placed under the pot and a "flowers" cup is inverted over the lid. Serve decorated cutout cookies made with flower- and oval-shape cutters. Each set nests in its own tin for storage.

- Tea Plates, Set of Four. Specify LAA86148. ($24.95)
- Placecard Holders, Set of Four. Specify LAA86147. ($12.95)
- Egg Cups with Candles, Set of Four. Specify LAA86149. ($12.95)
- Pedestal Servers, Set of Three. Specify LAA8042. ($99.95)
- Teapot and Four Cups. Specify LAA86165. ($49.95)
- Flower-shaped Cutters, Set of Six. Specify LAA8454. ($16.95)
- Oval-shaped Cutters, Set of Nine. Specify LAA8458. ($19.95)

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Sternberg. Overwhelmed by the rior hormone, the immune cells less able to react to pathogens. In trange twist of biology, the same mones that help us fight infection also switch off the immune sys-, making us more vulnerable to ıtagious bugs.

Occasional short-lived stress usual- isn't a problem, but when stress comes chronic, the immune sys- n can begin to become impaired in major way. Husband and wife ım Janice Kiecolt-Glaser, Ph.D., d Ron Glaser, Ph.D., of Ohio State ıiversity College of Medicine, in olumbus, have been studying the nnection between chronic stress d health for decades, and note nu- erous links between our modern-day pressures and immunity. In a 2002 paper published in the *Journal of Consulting and Clinical Psychology*, they write that chronic stress delayed wound healing from 24 to 40 percent among subjects. "We were surprised by how large the effects were," says Dr. Kiecolt-Glaser. A subsequent study determined the mechanism: People under chronic stress produced significantly lower levels of cytokines, substances that are crucial for wound repair.

They also discovered that people who are perpetually stressed do not respond as well to vaccines. In a study of women and men caring for a spouse with Alzheimer's or another dementia, they found that only 38 percent of the caregivers produced significant antibodies to a flu vaccine, versus 66 percent for the control group. "This type of caregiving is an uncontrollable, unpredictable stres- d among the very worst types," explains Dr. Kiecolt-Glaser. "It takes away your major source of support—your spouse—and replaces it with a major stress instead."

Chronic exposure to multiple stressors can lead to burnout, making us incapable of responding to stress with even a slight burst of cortisol. Under such conditions, the immune system starts to attack itself and may make us more susceptible to inflammatory and autoimmune disorders, such as rheumatoid arthritis, fibromyalgia and lupus. See page 141 for tips to fight stress. CONTINUED



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Our Stress Swat Team to the Rescue



Nutritionist Oz Garcia gave Robin and Leigh MacKenzie a recipe for stress-free eating; 3-year-old Keavy enjoyed a healthy snack

sed-

ition can't be

three members of our Stress Swat Team—nutritionist Oz Garcia,

eight just outside of

York, was considerably calmer. As they

team's suggestions the months ahead, we'll track their blood pressure, cortisol levels self-reported stress levels. (Read about progress as reported by mom Robin MacKenzie at

Better Breakfasts:

cks was

butter

more concern the family's

Frappucc Katlyn, 15

ows that can exacerbate stres Garcia. He suggested a

to go for

Instead he suggested

and squeeze in a little more

added you keep

Small Steps:

o her kickboxing ear, and opped cycling, erc se of choice, their youngest was born.

ox fitness clubs had one simple goal for them: Start doing *something*. "Even just five minutes a day, your body will start to crave it, and then you'll do 15 minutes a day, eventually 30." The first step was to remove the bedroom. She suggested Robin and Leigh spend 10 minutes a day on the unearthed machine, then add in a modest routine of sit- three sets of eight), push-ups (five for her, 10 m), and biceps and os curls—20

Just Breathe: To help re'ax, Birch m a simple meditation tech Leigh, Katlyn, 15,

room floor to learn the technique. "Pretend you're fogging a mirror our breath," Birch said. "For do the same your mout closed." (It should sound like a quiet Darth Vader.) Birch suggested the MacKenzies try breathing technique anywhere—in the car, at school, work, anytime things get hectic. Accompanying the sound of five "Dart Vader" breaths was the soundtrack of Saturday: shouts, squeals, squeaks, slams, "ow, ow, ow!" dogs whimpering, toilets flushing, shrieks, laughter, thumps. When Robin finally opened her eyes, she looked refreshed. But the first words after her meditation? "I can't believe the kids made that much noise!"

20/20

Tune into ABC's 20/20 for a special report on the MacKenzies. Check your local listings for details.

Chat about the MacKenzies on our new message boards: www.lhj.com/mackenziemessage

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and take and drink

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Individual results may vary

Prescription Prevacid has a low occurrence of side effects such as diarrhea, abdominal pain, and nausea. Symptom relief does not rule out serious stomach conditions. To learn more, talk to your doctor and see important information on the next page.

PREVACID

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TAP Pharmaceuticals Inc

Please refer to full prescribing information for amoxicillin and clarithromycin before prescribing.)

WARNINGS

CLARITHROMYCIN SHOULD NOT BE USED IN PREGNANT WOMEN EXCEPT IN CLINICAL CIRCUMSTANCES WHERE NO ALTERNATIVE THERAPY IS APPROPRIATE. THE POTENTIAL RISK TO THE FETUS SHOULD BE APPRISED TO THE PATIENT. (SEE **WARNINGS**)

Pseudomembranous colitis has been reported with nearly all antibacterial agents, including clarithromycin and amoxicillin, and may range in severity from mild to life-threatening. Therefore, it is important to consider this diagnosis in patients who present with diarrhea subsequent to the administration of antibacterial agents.

SERIOUS ANAPHYLACTIC REACTIONS REQUIRE IMMEDIATE EMERGENCY TREATMENT WITH EPINEPHRINE. OXYGEN, INTRAVENOUS STEROIDS, AND AIRWAY MANAGEMENT, INCLUDING INTUBATION, SHOULD ALSO BE ADMINISTERED.

PRECAUTIONS

General

Information for Patients

Phenylketonurics: Contains Phenylalanine 2.5 mg per 15 mg Tablet and 5.1 mg per 30 mg Tablet.

- ...ipofesauce, ENSURE
- Open cap
- WATER
- This product should not be given through a ...

Drug Interactions

sucralfate. Therefore, proton pump inhibitors should be taken a...

...Carcinogenesis, Mutagenesis, Impairment of Fertility

Pregnancy: Teratogenic Effects

Pregnancy Category C

Nursing Mothers

Pediatric Use

Use in Women

Use in Geriatric Patients

ADVERSE REACTIONS

Clinical

...es and PREVACID for

Incidence of Possibly or Probably Treatment-Related Adverse ... in Short-Term, Placebo-Controlled Studies

	PREVACID	
	No. of pts.	%
...	...	...
...	11	
...	10	
...	9	
...	8	
...	7	
...	6	

...Postmarketing ... adverse...

...ulceration, nausea and vomiting, rashes, and tremors and dermatitis. ... hypothyroidism. *Hemic and Lymphatic System* - anemia, hemolytic anemia, ... *Metabolic and Nutritional Disorders* - peripheral edema, hyperglycemia, ... *Nervous System* - abnormal dreams, agitation, anxiety, confusion, depression, ... *Respiratory System* - asthma, pneumonia, cough increased, epistaxis, ... *Skin and Appendages* - acne, bullous pemphigoid dermatitis, ... *Special Senses* - abnormal vision, blindness, conjunctivitis, dry eyes, eye pain, ... visual field defect. *Urogenital System* - abnormal menses, breast enlargement, ... breast tenderness, dysmenorrhea, female hemorrhage, menorrhagia, ... urinary tract infection, vaginal hemorrhage.

Postmarketing

...Following post-Surveillance, additional adverse experiences have been ... clarithromycin has been marketed. The majority of these cases are ... uncontrolled, a relationship to clarithromycin has not been established. Because ... reported on a voluntary basis from a population of unknown size, estimating ... frequency cannot be made. These events include: ...OSTART, ... *Hemic and Lymphatic System* - agranulocytosis, aplastic ... limiting. *Hemic and Lymphatic System* - agranulocytosis, aplastic ... *Skin and Appendages* - severe cutaneous adverse reactions, ... Stevens-Johnson syndrome, toxic epidermal necrolysis, ... *Urogenital System* - interstitial nephritis, renal failure, renal ...

Combination Therapy with Amoxicillin and Clarithromycin

...PREVACID plus amoxicillin ... PREVACID plus amoxicillin and ... Adverse reactions that occurred have been ... with PREVACID, amoxicillin or ... PREVACID ... The most frequently reported adverse events for patients who received ... were diarrhea, headache, and taste perversion. ... headache, and taste perversion ... the frequency of ... events between the 10 and 14 day treatment regimens. No ... therapy was discontinued because of adverse events. ... rates were ... PREVACID ...

...The most frequently reported adverse events for patients who received PREVACID ... were diarrhea, headache, and nausea. ... PREVACID ... a dose-response effect with PREVACID ...

For more information on adverse reactions with amoxicillin or clarithromycin, see the ... **ADVERSE REACTIONS** sections.

Laboratory Values

...laboratory parameters for omeprazole were ...

...Isolated cases with increased SGOT (AST), increased SGPT (ALT), ... increased alkaline phosphatase, increased GGT, increased LDH, increased bilirubin, ... PREVACID, increased BUN, proteinuria, and hematuria ... PREVACID ... discontinued because of these ... PREVACID ... discontinued because of ... PREVACID ... discontinued because of ... PREVACID ... discontinued because of

our Anti-Stress Action Plan

e can teach ourselves to respond to stress in more pro tive ways. This month, make a t with yourself to take the fol ing actions:

ve your body. Even moderate ounts of exercise can reduce the rimental effects of chronic stress. addition to producing the mood-vating chemicals dopamine and otonin, workouts can also keep rtisol levels in check. "There's erging evidence that exercise can otect the brain from the effects of ronic periods of stress," explains enda Anderson, Ph.D., associate ofessor of biopsychology at the ate University of New York at ony Brook.

ownsize the sweets. Do you ach for rich, fatty foods when u're stressed out? Try tricking ur body into feeling sated with s. "If you're using sweets as pharaceuticals, eat the smallest amount at does the job, and that's going to ake you feel a little better," says uis Aronne, M.D., director of the omprehensive Weight Control Pro-am at New York-Presbyterian Hos-tal, in New York City. Instead of ating a whole bar of chocolate, for stance, start with a few small pieces nd see if that has a calming effect.

The types of carbohydrates you at also make a difference. "The crit-al factor is the rate at which they're bsorbed," says Dr. Aronne. He rec-mmends whole grains instead of oods made with refined white flour ecause "the body has to break lown the outer kernel to get to the arbohydrate inside," he says, which educes the rate at which it's con-erted to sugar. "Consuming foods with fewer calories per ounce first will also help you feel full and make you eat less overall," he says. For example, start a meal with soup, then have a salad and eat the protein and starch last. "It can really make a big difference in how much you eat during the day."

Find your inner peacemaker. Meditation decreases the levels of stress hormones in the bloodstream, but you don't have to sit around chanting "om" for hours to get those results. Devoting as little as 20 minutes a day to calming the body and mind can activate "the parts of the brain associated with states of happiness and peace, and enhance immune function," says Diane Reibel, Ph.D., director of the Stress Reduction Program at the Center for Integrative Medicine at Thomas Jefferson University Hospital, in Philadelphia.

You don't have to sit cross-legged on the floor, either. You can relax in a chair at your desk, in the bathtub or on your bed, or walking on the beach. The simplest way to get started is to find a tranquil spot and pay attention to your breath as it passes through your nostrils. Notice the rise and fall of your chest and abdomen. Whenever a thought intrudes—and more than one will—"label it a thought and come back to the sensation of your breath," says Dr. Reibel. "It doesn't matter how many thoughts you have or how many times you notice you're off your breath." If you stick with it, over time you should find that you're better able to cope with stress.

Next month: How stress affects men and women differently.

LHJ.COM Could stress be hurting your health? Take our quiz: www.lhj.com/stressquiz

Tea with the Birds

Ready for afternoon tea? These resin teacup-and-saucer bird feeders are perfect for winged diners. Each hand-painted set includes a pole for staking. Feeders measure 6 to 8 inches wide and 48 inches high. The price is $22.50 each, plus shipping, handling, and applicable sales tax. Specify LAA35002 for the Monarch Butterfly Teacup (*top*); and specify LAA35003 for the Victorian Flowers Teacup (*bottom*).





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"Kids can do a lot more in the kitchen than adults think they can," says Martinez

A Recipe for Happiness

Former nursery-school teacher Gina Martinez combined her love of kids and cooking into a delicious career as the host of her new show *Viva Chef Gina*

BY DENISE DIFULCO

Plenty of people would rather not have kids underfoot in the kitchen, but not Gina Martinez. At her cooking school for children, Viva the Chef, she is surrounded by a dozen budding cooks—engaging 8-year-olds in their floppy white hats and crisp aprons as she leads a lesson on pizza making. While teaching the kids about the origins of pizza—it comes from Greece, not Italy—testing their knowledge of pizza trivia—did you know squid is the most popular topping in Japan?), Martinez shows the children how to stretch dough, spread sauce and sprinkle pepperoni over their creations. Twenty minutes later—when most moms and dads would be ready to collapse—Martinez is dancing the "Electric Slide" and "Macarena" with her hip-high students while the savory scents of tomato, basil and garlic swirl about the room.

Her way with kids in the kitchen has made the 38-year-old's Morristown, New Jersey, business an instant success. It also has garnered her a show, *Viva Chef Gina* (as of press time, the network was yet to be determined), quite an accomplishment for someone who has been in business for less than two years. "When I started out, I said to my CONTINUED

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...life did I think it'd happen so soon."

Indeed, Martinez's success story reads like a souped-up Cinderella tale. ... she was a ... mom, newly separated from her husband of 11 years, and trying to support herself and her two children, then ages 5 and 6. Martinez had begun her career as a special-education teacher and later owned a nursery school, but she hadn't worked since her children were born. Then one night at 2 A.M., she seized on the advice of a self-help book she was reading and made a list of the things she loves and hates. "The two top things I love are teaching kids and cooking," says the Florida native, whose passion for cooking began in the kitchens of her Cuban grandfather's eight Miami restaurants. "It dawned on me that I should start a cooking school for kids."

Using some of her savings, Martinez placed ads in local newspapers, and then set up a galley kitchen in the back of a van (think of a portable kitchen like the ones used on airplanes) and drove around northern New Jersey with an assistant, giving cooking classes in schools and at kids' birthday parties. Today, Viva the Chef on Wheels still makes house calls.

Encouraged by the popularity of her on-the-road classes, Martinez opened her first Viva the Chef location in June 2003 in a small strip mall near her home. Within a few months, her cooking school offered more than a dozen classes—with yummy-sounding names such as Breakfast Bash, Fruit Art and Seriously Chocolate—and ... dred students between the ages ... and 16. These aspiring chefs—fairly evenly split between boys and girls—



"I took over the family kitchen when I was 13 or 14," says Martinez, whose mother taught her to cook

"Cooking as a kid is one of the fondest memories I have"

attend weekly, hour-long classes, graduating to the next level at the end of each six-week session—much like they would at an adult culinary school. They learn everything from kitchen safety to how to cater a dinner party. "Parents are skeptical about letting kids in the kitchen because they think it might be dangerous or disruptive," says Martinez. "But kids can do a lot more than adults think they can, given the right tools."

Martinez's big break came the very first week she opened her doors. While she was hosting a birthday party, the father of one of her students observed her teaching through the classroom's one-way mirrors. The dad, David Jacaruso, a television executive, called Martinez a few days later ... o invite her to his office for a meeting. In short order, he secured her a television deal through the production company, BKS Entertainment. M... tinez immediately signed on.

On her show, Martinez is assis... by student chefs ages 11 to 16 as ... whips up international fare such ... Cuban black beans and rice, a... choke-stuffed ravioli and sushi.

In addition to *Viva Chef Gina*, t... year Martinez has created her o... line of kids' kitchen wear called Vi... Wear available through her Web si... *www.vivathechef.com*, that will inclu... chef hats, aprons and shirts. And s... has written a series of children's coo... books based on the curriculum at h... school. They go by the titles of son... of her most popular classes: *I'm Tu... ing Japanese*, *Pizza-zazz* and *Mind, Bo... and Belly*, a vegetarian guide for kid... All are slated for release this year. Sh... also plans to open at least three ne... Viva the Chef locations in New Yor... New Jersey and Connecticut. The i... ing on her cake is that Martinez ha... also found success in her personal lif... Last December, she married Tod... Kronen, the builder who helped he... construct her first school.

"Cooking as a child is one of th... fondest memories I have," says Mar... tinez, who frequently cooks with he... own children, now ages 7 and 8. "... wanted to share that here at Viva th... Chef. We're teaching these kids skill... they'll use throughout their lives."

David Jaroslovsky, 15, who was... among Martinez's first students, says... he's now able to whip up a mean Pasta... Bolognese for dinner. "Chef Gina has... her own style. You come out of her... classes knowing so much, but you also... have a lot of fun."



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The Merry-go-round Artist

Elizabeth Schutt is crazy about carousels, and lovingly restores them to their colorful, lively glory

BY KAREN J. BANNAN

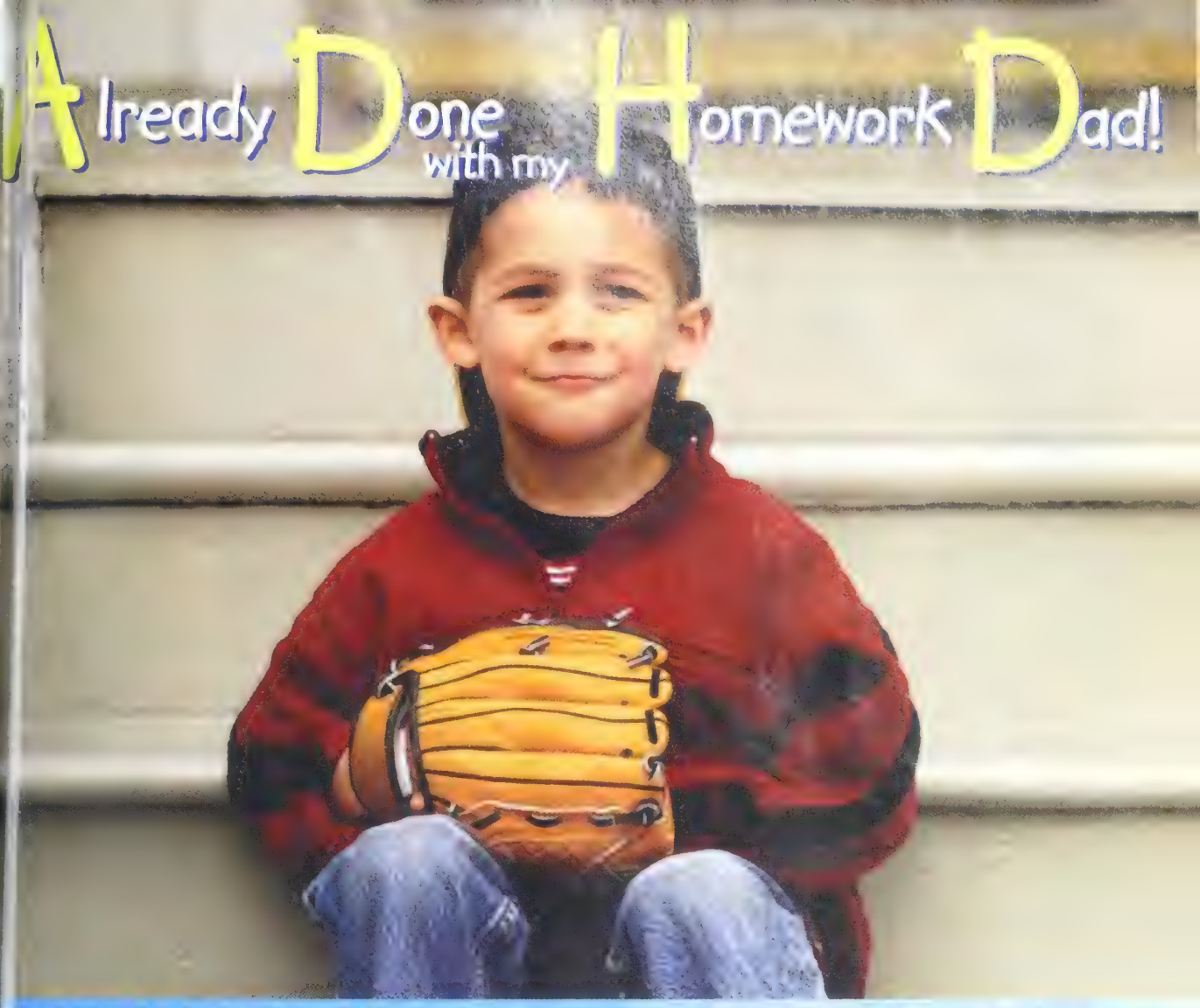
Elizabeth Schutt is sitting atop an antique carousel, 10 feet above the ground. Looking up, all you can see is the bottom of her shoes. "I'm just oiling the works," she says. "I'll be right down." Schutt climbs to the floor, where she is surrounded by 26 newly restored wooden horses in every color of the rainbow—blue, red and even one white albino pony.

As the director and curator of the Herschell Carrousel Factory Museum in North Tonawanda, New York, Schutt, 36, has spent thousands of hours lovingly restoring and maintaining the museum's 36 horses and 22 other carved animals, as well as its showcases of carousel photographs and early 20th-century clothing. She also serves as the museum's tour guide, introducing its 20,000 annual visitors to the beauty and nostalgia of the carousel. "Carousels have a universal tendency to draw people back to their childhood," she says.

The museum's main attraction is its majestic all-wooden carousel that was built at the Herschell Factory (where the museum now stands) in 1916. Like many carousels in the early- to mid-1900s, it was sold to a small amusement park. But in the 1960s, due to the increase in personal injury lawsuits, insurance costs skyrocketed, pushing small parks out of business. As the parks slowly disappeared, many carousels were destroyed or sold to individuals. "Some horses were used as firewood or thrown in a Dumpster," says Schutt. "They should have been treated for what they are—antique works of art."

One of Schutt's favorite memories as a child is riding a wooden Herschell carousel at a small amusement park near where she grew up. "It broke my heart when the park closed, and the carousel was broken up and sold off in the late '70s," she says. "To take care of a merry-go-round that's similar to the one I loved as a child is just a dream come true."

Schutt and her team of five volunteers can spend up to a year restoring a single horse. All that work is worth it, she says, because "every once in a while you watch the lightbulbs go on in kids' heads. They get it: The carousel is part of a long and beautiful history."



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Use in Children

Geriatric Use

ADVERSE EVENTS

Events associated with discontinuation of treatment

Weight loss	1.2
Emotional lability	1.0

Adverse events occurring in a controlled trial

and investigators. The cited figures, however, do

drug

Table 1 Adverse Events Reported by More Than 1% of Patients Receiving ADDERALL XR with g
Incidence Than on Placebo in a 564 Patient Clinical Study

Body System	Preferred Term	ADDERALL XR (N=374)	Placebo (N=2
General			
		3%	
	Infection		
	Viral Infection		
Digestive System			2%
	Diarrhea		1%
	Dyspepsia		3%
			4%
Nervous System	Dizziness		
	Insomnia		
	Nervousness		
Metabolic Nutritional			

DRUG ABUSE

DEPENDENCE

OVERDOSAGE Individual patient response to amphetamines varies widely. Toxic symptoms may be

sea vomiting, diarrhea, and abdominal cramps. Fatal poisoning

acute severe hypertension complicates amphetamine overdo

ADDERALL is

with hypertension. Tics:

Information for Patients

cautioned accordingly. **Drug Interactions:** *Acidifying agents*—Gastrointestinal acidif

amphetamines. *Alkalinizing agents*—Gastrointestinal alkalinizing agents (sodium bicarbonate, etc.) increase

Antidepressants, tricyclic—Amphetamines may enhance the activity of tricyclic antidepressants or sympathomimetic agents; d-amphetamine with desipramine or protriptyline and possibly other tricyclics

sometimes with fatal results. *Antihistamines*—Amphetamines may counteract the sedative effect of

antihypertensives. *Chlorpromazine*—Chlorpromazine blocks dopamine and norepinephrine receptors, thus inhibiting the central stimulant effects of amphetamines, and can be used to treat amphetamine poisoning. *Ethosuximide*—Amphetamines may delay intestinal absorption of ethosuximide. *Haloperidol*—Haloperidol

carbonate—The anorectic and stimulatory effects of amphetamines may be inhibited by lithium carbonate.

Amphetamines may delay intestinal absorption of phenobarbital; co-administratic

Drug/Laboratory Test Interactions: Amphetamines can ca

Carcinogenesis, Mutagenesis, and Impairment of Fertility

Pregnancy

respective

maximum recommended

adequate and well-

deformity, tracheo-esoph

dextroamphetamine

used duri

Effects

and low birth weight. A

Shi



"More Money Than You Ever Dreamed of!"

Putting their trust in a pitch from a women's support group that promised financial success, more than half a million savvy women got swindled by the biggest pyramid scheme of its kind in recent U.S. history. But wait: More scammers are out there, looking for *you*

BY MICHAEL J. WEISS

Kris Rogers thought it sounded too enticing to pass up: an 800 percent return on a cash investment within weeks. The divorced 26-year-old hospital clerk from outside Sacramento, California, heard about it in April 2000, when she'd fallen behind on the day-care bills for her daughter Sierra, 3. The center's director suggested a way out: joining a "gifting club" she herself belonged to called Women Helping Women. All Rogers had to do was buy a seat on something club members called a "dinner party." She could buy it for $5,000, or divide the cost with others and pay as little as $625 for one-eighth of a plate. Then she needed to recruit enough people to move up the pyramid, reach the pinnacle and cash in.

Rogers resisted at first. "My father taught me you never get something for nothing," she says. Still, she attended a club meeting, where she was impressed by the members' credentials—business owners, educators and other pillars of the community. Two months later, she borrowed $2,500 from a friend, saying she needed to pay off bills. Instead, she used the cash to buy half of an "appetizer plate" for the promised return of $20,000. "I had doubts, but I also thought, I'll just wait a few weeks, get my 20 grand, and this will be over."

CONTINUED

FOLLOW THE MONEY TRAIL

Women Helping Women was the classic four-tiered pyramid—in this case, a dinner table resembling a four-course meal with eight appetizer plates, four soup-and-salad plates, two entrées and a single dessert plate. New members had to pay cash for an appetizer setting—$5,000 for a full plate (and the hope of a $40,000 payout)—or split a plate with up to seven others ($625 for one-eighth of a plate and a $5,000 return).

cording to [redacted] Patrick, president of [redacted] Alert, a consumer [redacted] based in Charlotte, [redacted]. "The group espoused feminist values—sisterhood, cooperation, empowerment," he says. "Women thought they could make money while helping each other." To law enforcement officials, however, the club was designed not to help women but to fleece them.

Advertised mostly by word of mouth, Women Helping Women began flourishing around Sacramento in late 1999. As with all pyramid schemes, only those who got in early made money; meanwhile, nearly 90 percent lost every dollar they paid in. In the Sacramento area, police calculate that some 10,000 victims lost a total of $12 million. The women leaned on friends and family to pledge wads of cash that will never be returned. Many more saw their reputations tarnished and friendships shattered.

Although it's virtually impossible to identify those who started Women Helping Women (there were no written records about the organizers or [redacted] and arrested a dozen alleged ringleaders around [redacted] charges of fraud and securities violations. Some were well-to-do professionals who purportedly raked in [redacted] dollars. As the cases [redacted] through the courts, authorities [redacted] dered how so many smart, sophisticated women fell for a [redacted] pyramid scheme and, ever [redacted] why some of them continue to defend the club's promoters as altruistic feminists. "It shouldn't have been called Women Helping Women," says Jan Scully, district attorney for Sacramento County. "It really was Women *Using* Women."

Pyramid schemes have been around since the send-a-dime chain letters of the Depression era. But they started to become bolder in the mid 1980s, with their gifting club formats and charitable-sounding names. Many originated on the East Coast, then spread to the Pacific Northwest. In Canton, Illinois, some 2,000 of the town's 14,000 residents were reportedly duped by such schemes. Groups worked almost all of Wisconsin's 72 counties, operating in churches, factories and even courthouses. They typically targeted specific constituencies—such as Christian fundamentalists or African-Americans, says FitzPatrick, who documented scores of pyramid schemes and co-authored the 1998 [redacted]

Promoters of Women Helping Women sold their club as part self-help group, part pep rally. Between 50 and 100 women—mostly middle-class and middle-age—would meet [redacted] a member's home or a hotel conference room to socialize over drinks and canapés. Then the evening's "birthday girl" would describe her financial woes, sobbing dramatically as she explained how her winnings would help. The format of the pyramid was explained: Every time [redacted] eight "appetizer" plates at the bottom of a pyramid filled up, a "birthday" celebration was held for the woman [redacted] or women, if the seat was shared) at the top, whose "dessert" consisted of as much as $40,000. The women [redacted] the remaining 14 seats moved up a level, the pyramid split into two, and each pyramid had to recruit eight new members to fill the appetizers so those on top could cash in.

Then, new members who had just bought appetizer seats would step forward and hand over their cash in the form of cleverly wrapped presents. One woman wrapped hundred-dollar bills around crayons; another attached her bills all over a pair of bikini underwear. At one party, new members crinkled up hundred-dollar bills like lettuce leaves and tossed them into a salad bowl. "You'd see all this cash and women fanning themselves with bills," says prosecuting attorney Mary Simmons. "It was very compelling."

How many women were required for a newcomer to cash out? That depends on how much they invested. If each woman paid $5,000, 32 participants had to join the "dinner party" for a single member to collect her winnings. If every newcomer only invested $625, however, 256 recruits would be needed. And in order for all $625 investors from CONTINUE



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Salt to taste
Spray a large nonstick skillet with cooking spray. Heat skillet over high heat for 30 seconds. Add turkey; sprinkle with seasonings and sauté until browned and no longer pink. Add black beans, green chilies and salsa; cover skillet and simmer over low heat for 15 minutes. Serve on baked tortilla chips with salsa, shredded non-fat cheese, chopped tomatoes, shredded lettuce and taco sauce.

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IN THE NEWS

a single chart to cash out, more than 1,000 women would be needed to play. The scheme thus spawned an insatiable appetite for new recruits, virtually guaranteeing the scheme would collapse. In Maine, where entire cities were affected by the club, one critic calculated that twice the population of the entire state—about 2.6 million—would be needed for everyone to get their money back.

But it wasn't all about money. Some participants said that the evenings fostered a sense of sisterhood as they swapped stories and dreams, some stirred their pleas to donate their winnings to church or charity. In fact, the promoters urged all those who cashed out to donate 1 percent to charity—a request they maintain that rarely happened.

The spotless reputations of four of the alleged organizers gave a gloss to the proceedings. The alleged club leader, Cheryl Bean, 56, is a former personnel executive at Pacific Bell. Anne King, 49, who authorities say counted the money at the birthday parties, still runs a Montessori school in Roseville, California. Pamela Garibaldi, 59, taught English classes at Sierra College in Rocklin, California, and homemaker Cathy Lovely, 50, allegedly minded the dinner table charts. All four cashed out several times over. "Everyone has an image of a criminal who blatantly breaks the law," says District Attorney Scully. "These women don't fit that stereotype."

Nor was Kris Rogers the typical victim. Raised in an upper-middle-class family in Roseville, she attended Sierra College and had a job as an accounts payable clerk. She married at age 21, gave birth to Sierra 18 months later, and divorced after three years of marriage. In the spring of 2000, she went on maternity leave after getting pregnant with her live-in boyfriend, a manager at a local supermarket (they've since married). With money tight, Rogers hoped that spending $2,500 for a payout of $20,000 would help her pay bills and build her savings. But she worried about the legality of Women Helping Women and listened closely when promoters addressed that concern. "We were told our money was a donation, not an investment, so we wouldn't have to pay taxes on our winnings," she recalls.

Still, Rogers recognized the club

vas risky. "I looked at it like gam-
bling," she says. "I thought my
chances were better than at a casino.
The only question was how long un-
il I could reach the birthday spot."
But soon after Rogers got involved,
he number of area dinner-table
harts multiplied to more than a hun-
dred, and the local recruiting pool
dried up. Some participants traveled
o other communities to look for
fresh recruits. Presenters also urged
members to reach beyond their inner
circle of friends and go after their
dental hygienist, veterinarian or su-
permarket cashier.

No matter how hard she tried,
however, Rogers could not fill up her
dinner-table chart with new recruits;
she managed to move up only one
level, to soup and salad. After watch-
ing others invest and cash out several
times over, Rogers began to suspect
that promoters were manipulating the
scheme, steering favored recruits to
fast-moving tables and hopscotching
friends to the [illegible]
charts. At one meeting, Rogers asked
leaders to steer newcomers to her
table rather than watch them go to
tables where women had already
cashed out. "I stood up and said, 'If
this is Women Helping Women, why
don't all those who have "birth-
dayed" three times move your people
to our chart so we can move up?' I
got a standing ovation, but nothing
happened," she says. "I realized my
money was as good as gone." But
Rogers didn't go to the police. "I was
embarrassed that I'd gotten in-
volved," she says.

Police first received complaints
[illegible]
gathering evidence, quickly issued
[illegible]
other counties. By early 2002, at least
one member of the district attorney's
offices was approached to join
Women Helping Women. By that
summer, police realized they had a
large-scale swindle on their hands.
That July, the Sacramento County
Sheriff's Department launched an un-
dercover operation. Detectives
searched the trash cans of suspected
promoters in search of incriminating
documents. Several female officers
posed as wannabe members and se-
cretly taped club meetings. After or-
ganizers caught wind

CONTINUED



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DUTY. I still have a vivid memory of the day in September 1939, of being struck by huge headlines in the newspapers, "Hitler invades Poland." *I felt the world would never be the same.* The time was right for me to accept training as a welder in the NYA classes – and I truly loved the process of melting a rod of steel in the joint of two pieces of steel to make them one solid piece. Among the noise, dirt and hard work, I was very proud to be contributing my skills to the war effort.

Hilda Krasner Radin

HILDA KRASNER RADIN – AGAWAM, MA

SELF-CONFIDENCE. My grandmother, Rosena Courtney, had a job on the Liberator Bomber, leading edge, center wing. The funniest story she told us all of this time was that she shut the entire department down for 10 minutes one day. The plant was supposed to be spotless. They didn't allow any smoking, however, they would allow some of the men to chew tobacco. One of these male inspectors was very "free" with his tobacco-juice spit. One day my grandmother had had enough and called the supervisor over, as this inspector had "spit" all over her work area. The supervisor told her that she had to learn to work with men. My grandmother replied, "Men have to learn to work with women too. If something falls into his spittle, it stays there because I will not pick it up." The whole department came to a halt while this exchange was going on. She insisted that they "clean" the spit from her area. When she was finished, *everyone applauded her ... even the men.*

Susan Jaranowski

SUSAN JARANOWSKI – ROSEVILLE, MI

HOPE. My mother, Elizabeth LaFave, and the ladies she worked with would carve their initials inside the wings of the airplanes. The ladies never knew if their loved one would be the one to use that plane.

Anne Marie Parker

ANNE MARIE PARKER – OXFORD, CT

Ford

CHARM. My grandmother was a young bride in WWII, married to a Boeing engineer and living in Seattle. She was a beauty queen from Illinois and was the first woman hired as a welder at a defense plant responsible for machining parts. She told me that all the men showed up to work on her first day wearing neckties out of respect for her! To her surprise, as the first woman hired for a job like that in Seattle, she became a media darling. Newspaper photographers came, and she was featured on the first page of the society section of the Seattle newspaper. After this, she received job offers from companies all over the country.

Joy Yucaitis

JOY YUCAITIS – CHICAGO, IL

INSPIRATION. Although she could hardly see, my favorite aunt was always a source of strength for me and my brother. My brother went into welding because of her experiences in World War II as a welder in the Brooklyn Navy Yard. I chose her as a subject to write about in a Women's History course in college. ***Although her health failed in her last few years, we always wanted a handshake from her; she was stronger than men who were half her age!***

Marshall Levine

MARSHALL LEVINE – BROOKLYN, NY

SACRIFICE. In 1943 my twin children were toddlers, and my husband and I both worked at the Rouge Plant, but in different buildings. We worked opposite shifts so one of us would be with the children. I would put my children in the car and meet him at his building, and he would take the car and children home. At the end of my shift, I would take the bus home. He would ride the bus to work so I could have the car and would be able to meet him after his shift. There was only one drawback to this arrangement – I was fifteen minutes late for work every day. After about six months, the timekeeper came to me and wanted to know why I was late every day. After I explained our situation, I was allowed to continue with that arrangement.

Eva Comstock

EVA COMSTOCK – LAS VEGAS, NV

PRIDE. My aunt said that they used to get tokens in order to get the tools they needed to do their jobs. They had to turn the tokens in at the end of the shift, or they would be charged for the tools. This didn't sit well with my aunt, so she acquired all her own tools with a personal toolbox of her own. ***She was very proud of her tools.*** She worked for hours in the nose of the big airplanes doing riveting. Her skills as Rosie the Riveter followed her throughout her proud, long life. She has painted houses, roofed houses and even built porches.

Naida Bomberry

NAIDA BOMBERRY – SANTA CLARA, CA

JOY. We were working our usual shifts when the announcement came on the loudspeakers that the war was over – VJ Day – and we put down our tools immediately, got on the ferry and left the island. You have never seen so many happy people, all crying and laughing at the same time – what a wonderful sight and feeling that was. ***And, what a privilege to have served my country in this way.***

Rose Lee Rigdon McPherson

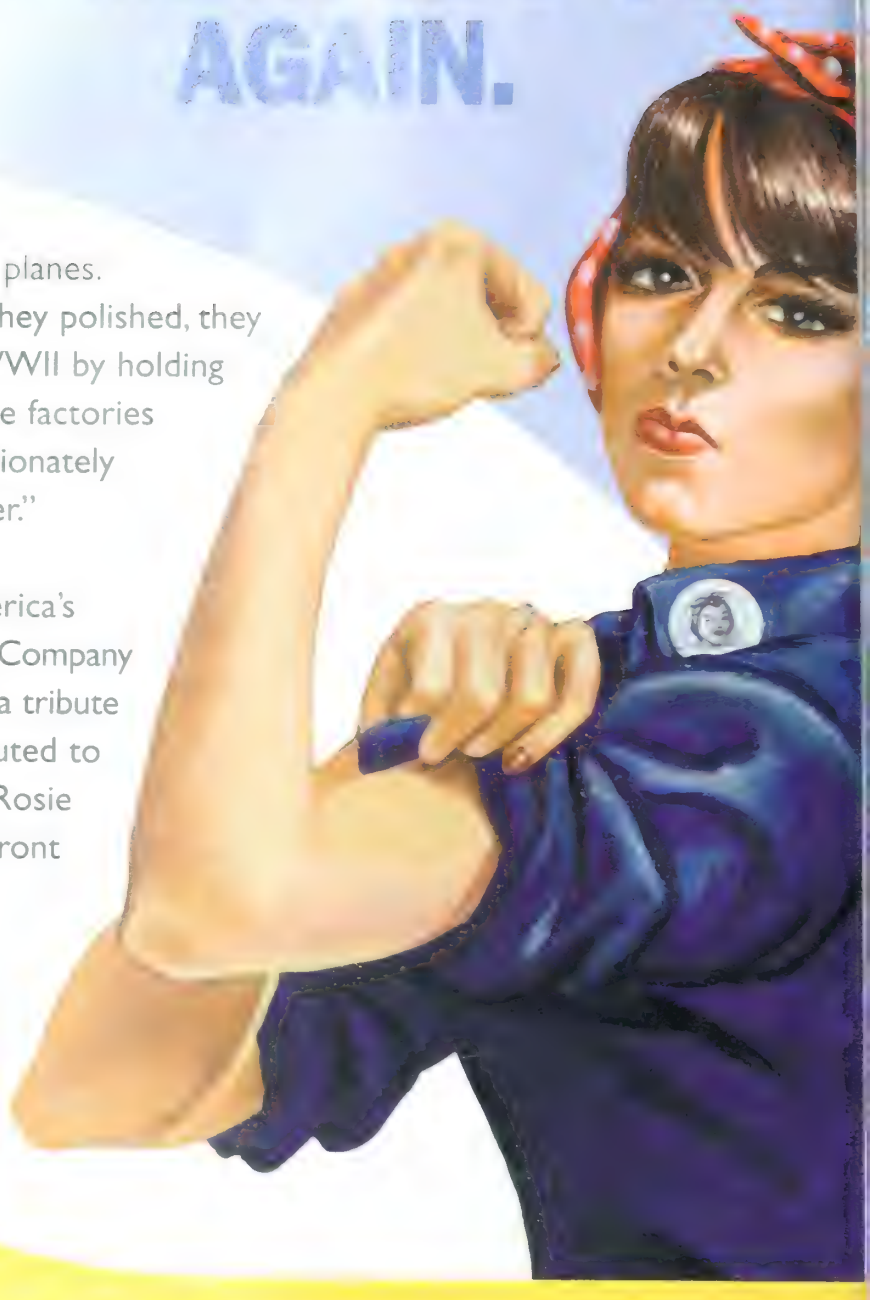
ROSE LEE RIGDON MCPHERSON – AMARILLO, TX

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No place like "om." From front: Carolina, mom Monica and dad Enrique

Sitting Pretty

For the Teuscher family, doing yoga together is not just about exploring the connection between mind and body, it's also about exploring the connection they have with one other

Several years ago, when my younger sister, Cristina, was a competitive swimmer heading to the 2000 Olympics in Sydney, Australia, she wanted to add another dimension to her training. She and my mother were also looking to spend more time together, so they decided to give yoga a try. Unfortunately, at their first class it was clear they were first-timers: Instead of the traditional flat yoga mats, they had brought along inflatable camping pads. But after that inauspicious start, they grew to love yoga and convinced me to join them. About a year ago, my 60-year-old dad signed up, too. Yoga is a wonderful practice that nourishes the mind, body and spirit, and it's a joy to do with my family. But our practicing together has become more than simply a way to encourage well-being. It gives us a rare opportunity to connect—even if it's just talking during the car rides to and from class. And part of the fun is laughing with each other when a pose isn't exactly working out, or on our more coordinated days, celebrating when a pose develops further. Last spring, my son Sebastian was born. I practiced yoga throughout my pregnancy, and he sometimes joins us for class—though he opts to snooze in his infant seat for the hour. Although he's not yet a year old, I have no doubt he will be doing a perfect downward dog pose along with the rest of us in no time.

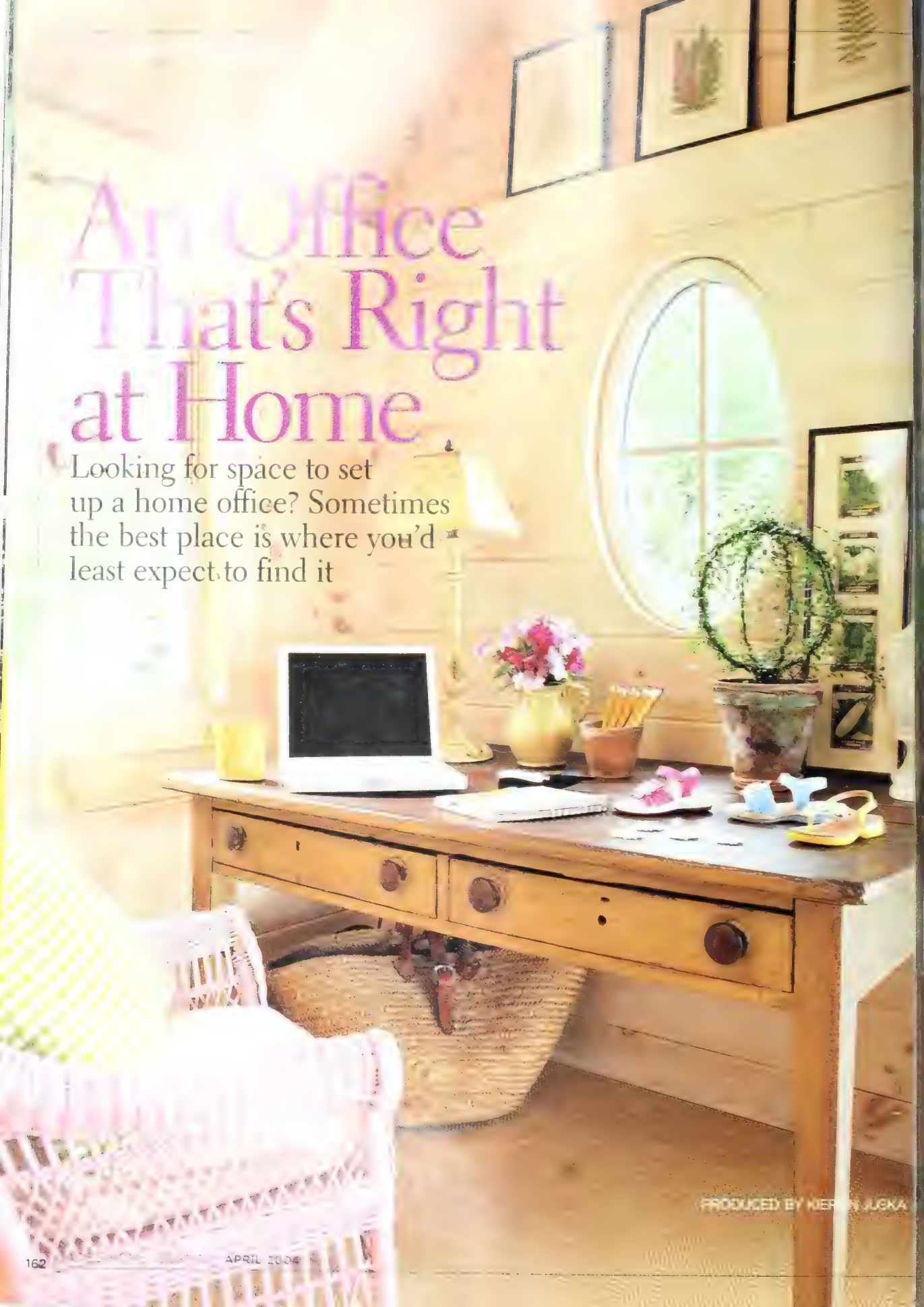
CAROLINA TEUSCHER, NEW ROCHELLE, NEW YORK

Have a family ritual of your own you'd like to see featured here? Send your story to lhj.familyrituals@meredith.com. We'll pay $50 for any story we publish.

Don't miss our slide show of yoga moves for kids: www.lhj.com/yogakids

An Office That's Right at Home

Looking for space to set up a home office? Sometimes the best place is where you'd least expect to find it



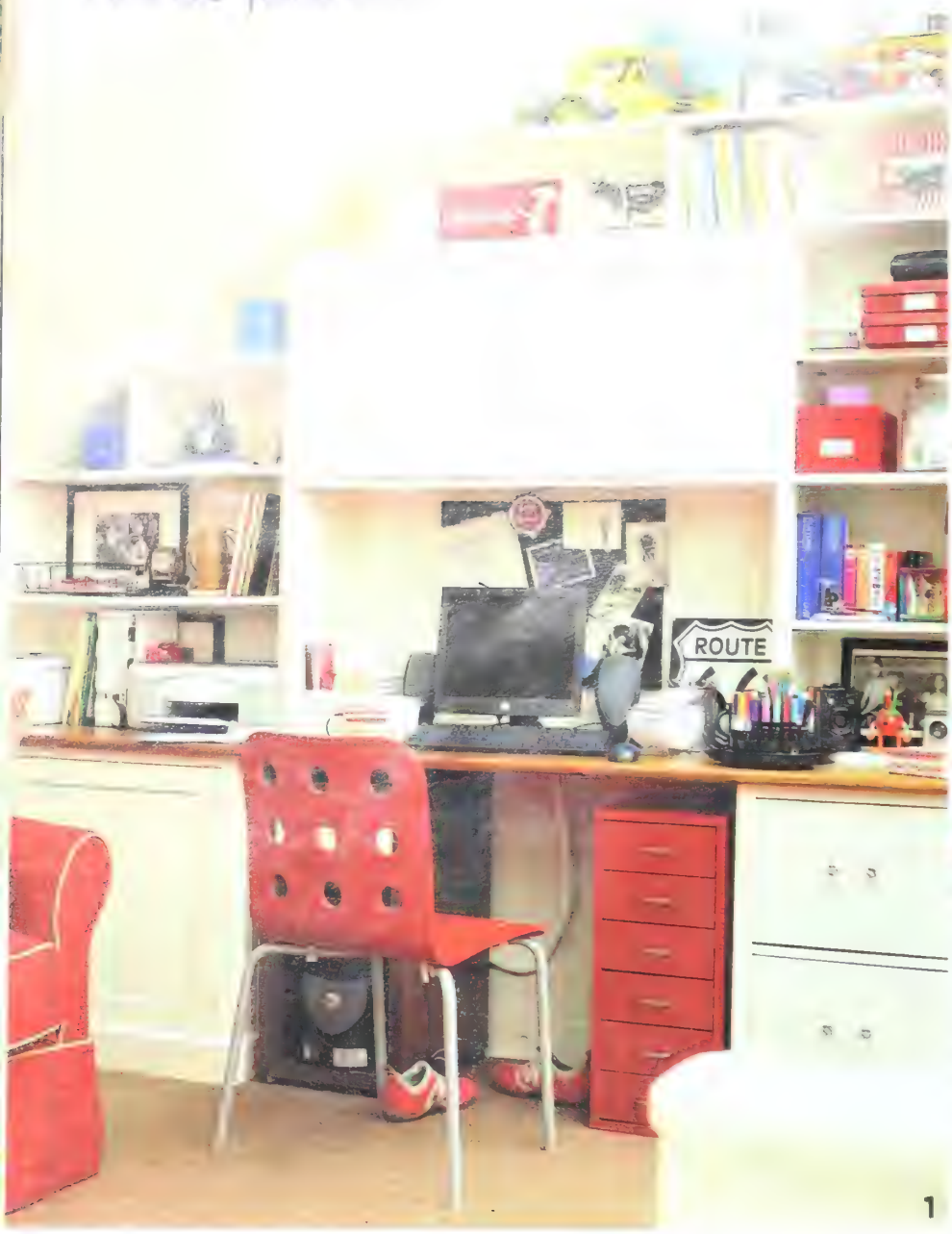
PRODUCED BY KIER[illegible] JUSKA





An Outer Office: Susan Giroux, a shoe designer, has always been lucky enough to work out of the comfort of the Tiverton, Rhode Island, home she shares with her husband, Paul, who runs the business side of their company. Initially, Susan used a small spare bedroom as her design command center. "It was tight," Susan says, "and not at all inspirational." Then, about a year ago, she and Paul built a cedar potting shed in their backyard, with windows that look out over the garden and the Sakonnet River beyond. When it was completed, Susan realized the space was simply too special to use to pot plants. So she and Paul decided to convert the shed into her design studio, adding a small mahogany deck that overlooks the water, and a wood stove that provides plenty of heat in the chillier months. To cozy up the spot, they placed a desk under the rounded window, and added a wall-to-wall sisal rug, a wooden armoire to hold files and a comfy armchair and ottoman in a sweet floral fabric. They took advantage of the loft space that covers half the width of the shed, lining it with generous-size baskets filled with Susan's design materials and shoes from past seasons. Whether it's a warm, blue-sky day or a chilly, gray one, Susan is now able to dream up tons of new ideas just by glancing out the studio's window. CONTINUED

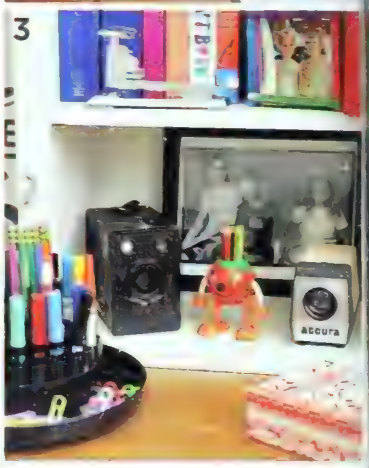
(top) The garden, in full bloom throughout the spring and summer, brings lovely scents, as well as sights, to the studio space. (bottom) At least one of the couple's cats or dogs keeps Susan company while she works. Here, Tatchi, Susan and Paul's beloved bichon frise, finds the perfect spot to relax in the comfy armchair



1



2



3

1 With space at a premium, Klaris and Weiss installed custom shelving that takes smart advantage of almost every square inch. A bulletin board holds important family reminders, while the office supplies the family does not want to display stay neatly tucked behind cabinet doors. **2** The ample desk is large enough for all of the family's high-tech necessities—a printer fits neatly under a shelf, the rolling computer stand from Ikea slides easily under the desktop. **3** Klaris personalized the space by adding some of her own framed family photos, as well as a few antique cameras she has collected

On the Stair Landing: When Lorin Klaris, Dan Weiss and their three kids [illegible] project ahead [illegible] president of Lillian [illegible] stores—so when it came to renovating, they knew what they were doing. They realized they needed a separate work space where the kids could do homework. An upstairs nook became the [illegible] perfect place for a built-in desk. Now, Klaris says, the family spends most evenings together in this comfortable [illegible] working on the computer, playing games or watching a movie on the flat-screen TV.

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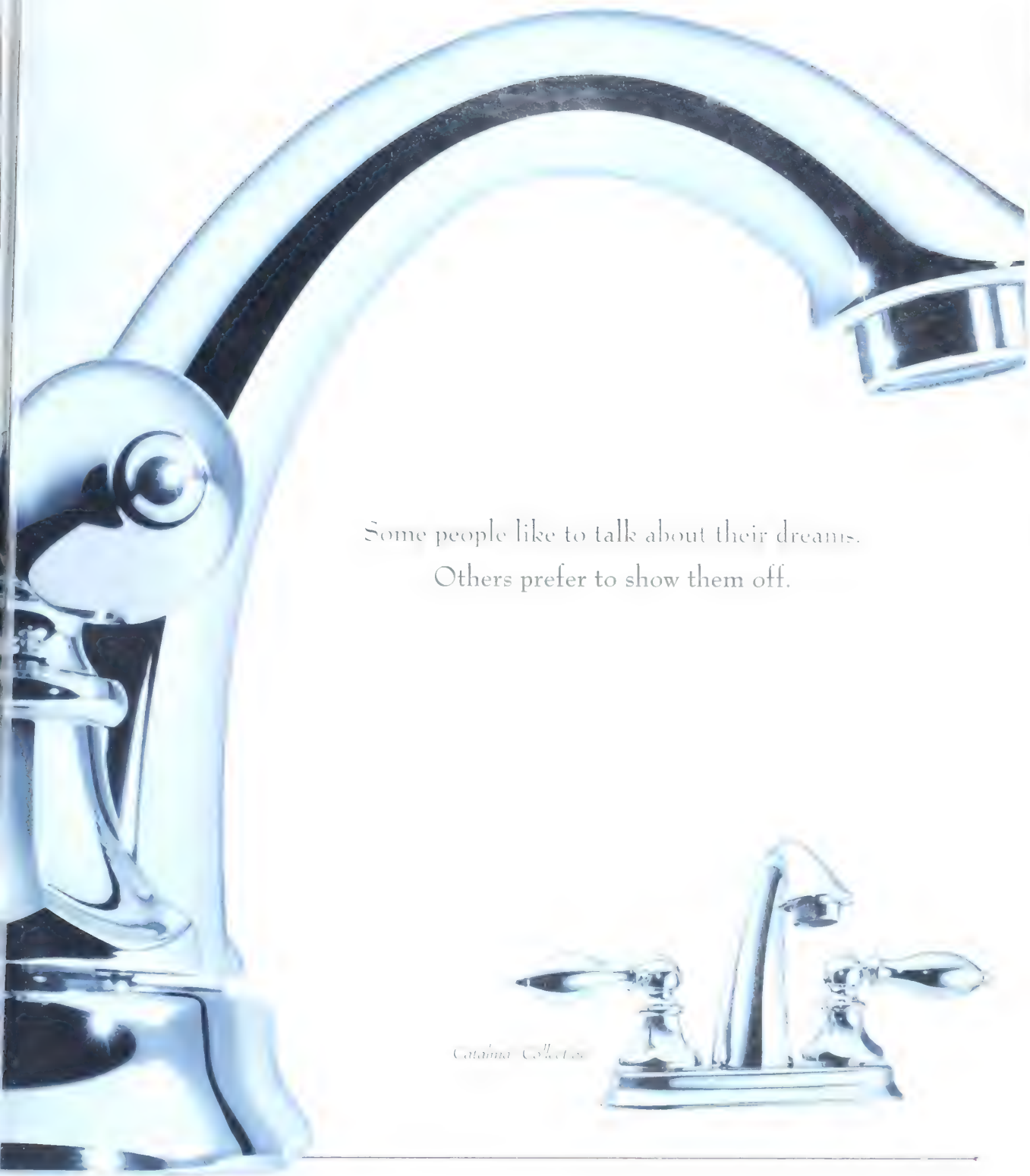




An Extra-Wide Closet: Although they've lived in their house for more than a decade, Barbara and Jurgen Link never had a designated home-office area. [illegible] Max, 12, and Anna, 10, entered the preteen years, and [illegible] phone became lifelines. Since they were redoing their kitchen, [illegible] opportunity to incorporate a space that would help keep [illegible] An extra-wide closet [illegible] a small, efficient home office. It houses the computer, phone and answering machine, as well as labeled file folders to hold important warranties and bills. Because the office is in the kitchen, Barbara is able to get meals ready while helping the kids with their homework. But her favorite feature is the doors. She loves being able to close them just [illegible] sitting down to dinner, signaling [illegible] the day's work and the start of an evening of family fun.

1 The rolling drawer unit from Ikea is ideal for storing smaller items, such as stamps and note cards, and slides right under the built-in desk. **2** Barbara glued cork (which can be purchased in a roll or in precut squares at office supply or craft stores) on the back wall of the closet so she can tack up the kids' schedules and school memos. **3** A framed list of emergency telephone numbers for the kids and baby-sitters to use sits above the phone on the closet's wall, and a sleek magnetic board from The Container Store suspended on the door posts the week's to-do lists and phone messages

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Flowers, True Beauty

Learn how to arrange today's high-quality silk flowers so you can enjoy spring all year long



Although there's nothing a beautiful (and great smelling as a spring bouquet of fresh-c flowers, it never lasts as long you'd like. But constantly r freshing your vases can get pr ty pricey. Our favorite solutio Create an arrangement from fabulous mix of faux flowe These days they're so lifelik we guarantee your visitors w never know the difference.

Putting It All Together

Supplies: A selection of wire-stemmed flowers (those of higher quality are often made of silk and look like real flowers, with irregularly shaped leaves and blossoms); wire cutters; florist's foam (all available at craft stores) **Step 1:** To create this ry bouquet, we used a mixture ers in shades of yellow and pale blue—lilac, sage leaves, ranunculus, pansies flowers you'll f sold as ind come in clusters. To arrangement that loose look, you'll need to cut these into single stems. Be sure to hold on to the greenery from the cut clusters—you can use them to create a base for the arrangement. **Step 2:** Choose an opaque container. Vases, painted wood window boxes or woven baskets will all work, just as long as they camouflage the foam. Using a sharp knife, cut the block of foam to fit the container and wedge it in tightly. **Step 3:** Cut the greens and ers to the desired length; err on the side of leaving them too long, e you can trim more later, if needed. Start with the greens, and insert the stems a few inches into the foam so they stand securely. Then add the blooms, adding height and width to the arrangement as you go. Start wit the fuller flowers first, and finish off your arrangement with a few bold, single blossoms. For the most natural look, be sure your bouquet is varied in height. Whe finished, loosen the petals so the blossoms don't look rigid. Don't be afraid to experiment—you can always resize the stems or pull them out and rearrange.

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Stauffer and Dacotta (top left); Dacotta with Kayla (top right); snack time in the kitchen (right); Kayla in her bedroom (above)

Destini Stauffer suffered one family crisis after another, including her brother's suicide, her daughter's illness and her husband's abandonment. Then Habitat helped turn her life around

BY ANNE CASSIDY

Of all the difficult chapters in Destini Stauffer's life, the saddest one was the suicide of her younger brother, Jason Tymon, in 1999. "He was my only sibling, and we were really close," says Stauffer, 27, of Bremerton, Washington. "After Jason died, I was mad at everybody—my brother, my husband, my mom, my daughters, even God."

Tymon's death wasn't Stauffer's only hardship. Two years after graduating from a Pittsburgh high school in 1995, she met Kenny Stauffer and became pregnant. After a difficult pregnancy, she had daughter Kayla and married Kenny, but the couple struggled financially—she worked as a cashier and he as a valet driver, cook and busboy—and had to move in with Stauffer's grandparents in Bremerton. The following year, Stauffer had her second child, Dacotta, but during a routine checkup doctors noticed that the infant had a soft spot on top of her head (the spot allows for brain growth and closes by 12 months of age). After four months of MRIs, CT scans, blood work and other tests came the devastating diagnosis: severe cerebral palsy, which seriously impairs Dacotta's muscle control, coordination, speech and breathing.

But there was more grief to come. In quick succession, Stauffer lost her grandfather and her mother-in-law both to cancer. Then, on September 16, 1999, Tymon, who lived with their mother in Connecticut, took his own life. Stauffer had absolutely no inkling the 20-year-old was so deeply troubled, and she was consumed with grief and rage at his death. "To this day, I don't know who was watching my children during the funeral," she recalls. "I was so upset I had to be carried away from the cemetery."

Somehow Stauffer endured. "I kept going because of the girls," she says. Taking care of Dacotta—who had to be fed through a tube and often required a respirator to help her breathe—was so demanding that Stauffer had quit working in October 1999. Between ages 2 and 3, Dacotta underwent four operations, including a tonsillectomy to relieve severe sleep apnea, a procedure to CONTINUE


IT DOESN'T ALWAYS END HERE.
BUT IT DOES OFTEN START HERE.
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In the midst of her travails, Kenny left Stauffer for another woman in March 2001. The couple divorced five months later, and Stauffer assumed full custody of Kayla and Dacotta; she also took on sole responsibility for paying the rent on their three-bedroom apartment, where they had moved after Dacotta was born. Coping with the demands of single motherhood, Stauffer drew closer to her grandmother, Mildred Cyphers, who helped care for Dacotta. Stauffer also became involved with Cyphers's church. "If my electricity was turned off, Kitsap Lake Baptist Church would pay the bill," she says. Still, the apartment was a nightmare. Standing water under the building caused mildew on the inside walls, and the damp and drafty air worsened Dacotta's breathing problems.

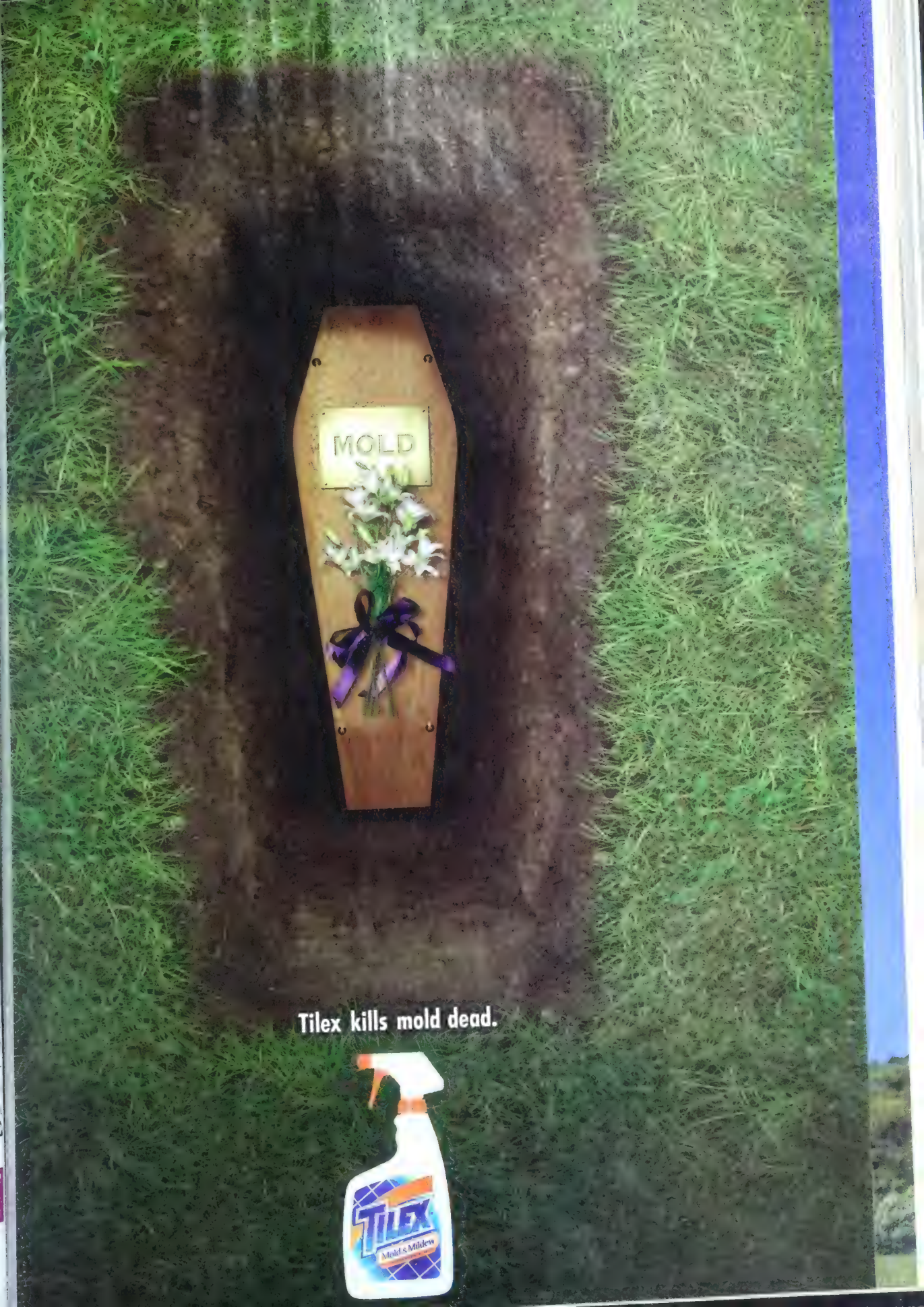
Shortly after Kenny had moved out, Cyphers had read a newspaper article about Habitat for Humanity. She told her granddaughter about it, and Stauffer applied in the summer of 2001, but was turned down because she could not afford the $350 monthly mortgage payments; she [illegible] getting by on child support, w[illegible] Security payments for Da[illegible]bilities. But Stauffer wasn't [illegible] she found part-time work as a substitute Head Start teacher. [illegible] the following summer, and was approved as a partner in November 2002.

Despite the demands of caring for Kayla, taking Dacotta to her weekly rounds of physical, occupational and speech-therapy sessions, and working 10 hours a week, Stauffer jumped eagerly into the required 150 sweat-equity hours. On March 23, 2003—Dacotta's 4th birthday—ground was broken on Stauffer's new home. It was all very exciting, until the $750 down payment came due. Out of her monthly $1,000 income, Stauffer was paying $675 for rent and the rest for food, utilities and other expenses. When she asked Habitat if she could make incremental payments instead of a lump sum, she learned some astonishing news: Someone had already paid the whole sum—anonymously. "There have been lots of little miracles about this house," says Stauffer, who, despite her efforts, has never been able to learn the identity of [illegible].

Once her house was under way, [illegible]ffer's confidence grew, says Jane Shafer, a volunteer partner with [illegible] She became less of a victim [illegible] more determined to make things work." Stauffer says she has learned the power of stayin[illegible] the course. When she fel[illegible] threatened in the past, her firs[illegible] impulse was to run. But she[illegible] now resolved to confront—an[illegible] solve—her problems, including the lingering guilt and ange[illegible] she feels about Tymon's sui[illegible]cide. And Stauffer, who is no[illegible] a child-care worker at Kitsa[illegible] Lake Baptist Church, is dus[illegible]ing off some of her long-los[illegible] plans. "I want to go to colleg[illegible] and become a nurse," sh[illegible] says. "I'd like to work with[illegible] handicapped kids."

On November 29, 2003, her hom[illegible] was dedicated; two days later, sh[illegible] and the girls moved in. The house i[illegible] handicapped-accessible, with a roll-i[illegible] shower, wider halls and extra plug[illegible] in Dacotta's room for her respirato[illegible] and feeding equipment. By Christ[illegible]mas, the house was ready to host [illegible] slew of relatives. Stauffer is planning to plant a garden this spring as a sig[illegible] of the new roots she has. "This i[illegible] where my kids can grow up," sh[illegible] says. And the girls are doing well[illegible] Dacotta is able to sit up and occasion[illegible]ally eat without a feeding tube; Kay[illegible]la, now in first grade, loves to car[illegible] for her baby sister—when she isn'[illegible] outside playing. Best of all, Stauffe[illegible] says, is what happened when sh[illegible] wrote out her first mortgage check[illegible] Instead of $675 for rent on the old[illegible] apartment, it was only $350 for [illegible] new house of her own. And, she says, with joy and amazement in her voice, "I have some money left over—the first time that's ever happened to me. I actually have money left to take my children to the movies."

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TIP 2 ite baskets
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TLC's "While Mom Was Out"

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Eggs-tra Good for You



eryone loves colorful decorated gs at Easter, but there's more ason to enjoy the unadorned kind year long. Eggs are a high-quality otein, and eating them has gnificant health benefits, says audia Gonzalez, spokesperson for e American Dietetic Association. In ct, recent research shows that ting eggs may build your memory, ard against certain eye diseases d reduce your chances of breast ncer and heart disease.

rain Booster: Eggs are a great urce of choline, a nutrient that aids developing fetal brains during regnancy and may protect against emory loss later in life. Gonzalez ggests getting at least 425 to 50 mg of choline a day if you are regnant and at least 110 mg if ou're not—just one egg yolk can ave as much as 280 mg.

Eye Enhancer: Egg yolks contain antioxidants such as lutein and zeaxanthin, which may prevent free radicals from breaking down cells and tissue in the eyes and causing cataracts and macular degeneration, a condition that can lead to blindness. Bonus: Lipids found in egg yolks make it easier for the body to absorb both lutein and zeaxanthin, says Gonzalez.

Heart Helper: In the past, eggs have gotten a bad rap for being high in cholesterol, but as it turns out, they actually contain very little saturated fat—the dangerous kind—and can actually enhance your heart health because the lutein in eggs doesn't just benefit your eyes, it can keep your arteries healthy too. In a recent study at the University of Southern California, people with high levels of lutein in their blood experienced less thickening of their arteries than those who had lower levels. *—Jen Matlack*

Can Colds Fight Cancer?

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Researchers

side effects—not even a cold. That's

virus remains in the tumor and does

Have More Fun in Bed?

herbal supplement that with decreased sex drive Avlimil cite a study that boost sexual function, many doctors are dubious of this claim. "There are no independent data available to say these pills work," says Alan Altman, M.D., assistant clinical professor of obstetrics, gynecology and reproductive biology at Harvard Medical School, in Boston. "It's buyer beware." Avlimil and other over-the-counter products like it, such as Avenavin, are not regulated by the federal government, which means they are not required to be tested for safety or efficacy.

Furthermore, Dr. Altman warns that just because pills are natural doesn't mean that they are without potential side effects. Some patients taking herbal supplements experience headaches and gastrointestinal problems.

Decreased sex drive could be the result of stress, problems in your relationship, medications such as antidepressants or birth-control pills, or low testosterone levels. If you're struggling with low libido, he suggests finding a physician or psychologist who specializes in female sexual dysfunction. To find a female-sexual-dysfunction specialist in your area, consult your primary-care doctor or your gynecologist.

—Maureen Kennedy



Outsmart Your Allergies

If you're a hay-fever sufferer, as 36 million Americans are, springtime spells sneezing for you. The offender is flowers and trees, which

before al

keep the stuff

and itchy eyes at bay.

Start *before* the onset of symptoms, says Russell Leftwich, M.D., a spokesperson for the American Academy of Allergy, Asthma and Immunology. He suggests starting your ption or not, in April.

ne you

before noon to cut down on your exposure to pollen spores, which are more dense in the early hours, says Dr. Leftwich. Rather than opening your windows from April to July, use an air conditioner to cool rooms. This should also help keep the pollen count down in your home during the high season.

for your symptoms. Many people experience allergy-like symptoms when the weather changes but discover they aren't actually allergic to anything.

Megan

Healthy Ways to Save $$$ on Your Tax Bill

If you itemize your deductions at tax time, don't forget to include your medical bills. If they total at least 7.5 percent of your taxable income, they are deductible, but less than 6 percent of all taxpayers take advantage of this allowance, according to the Internal Revenue Service. This year, the IRS added a few new items to the list of medical deductions, such as vision-correction surgery and nonprescription medical supplies. You still can't deduct nonprescription drugs, even if they're recommended by a doctor, though the IRS now allows them to be paid for through a health-care flexible-spending account. For a complete listing of medical tax deductions, go to www.irs.gov/publications/p502.

—Melinda Page

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Can We End Heart Disease for Good?

A flood of new high-tech tests, treatments and therapies is coming to a doctor's office near you, with the aim of stopping this killer in its tracks

By Paula Dranov





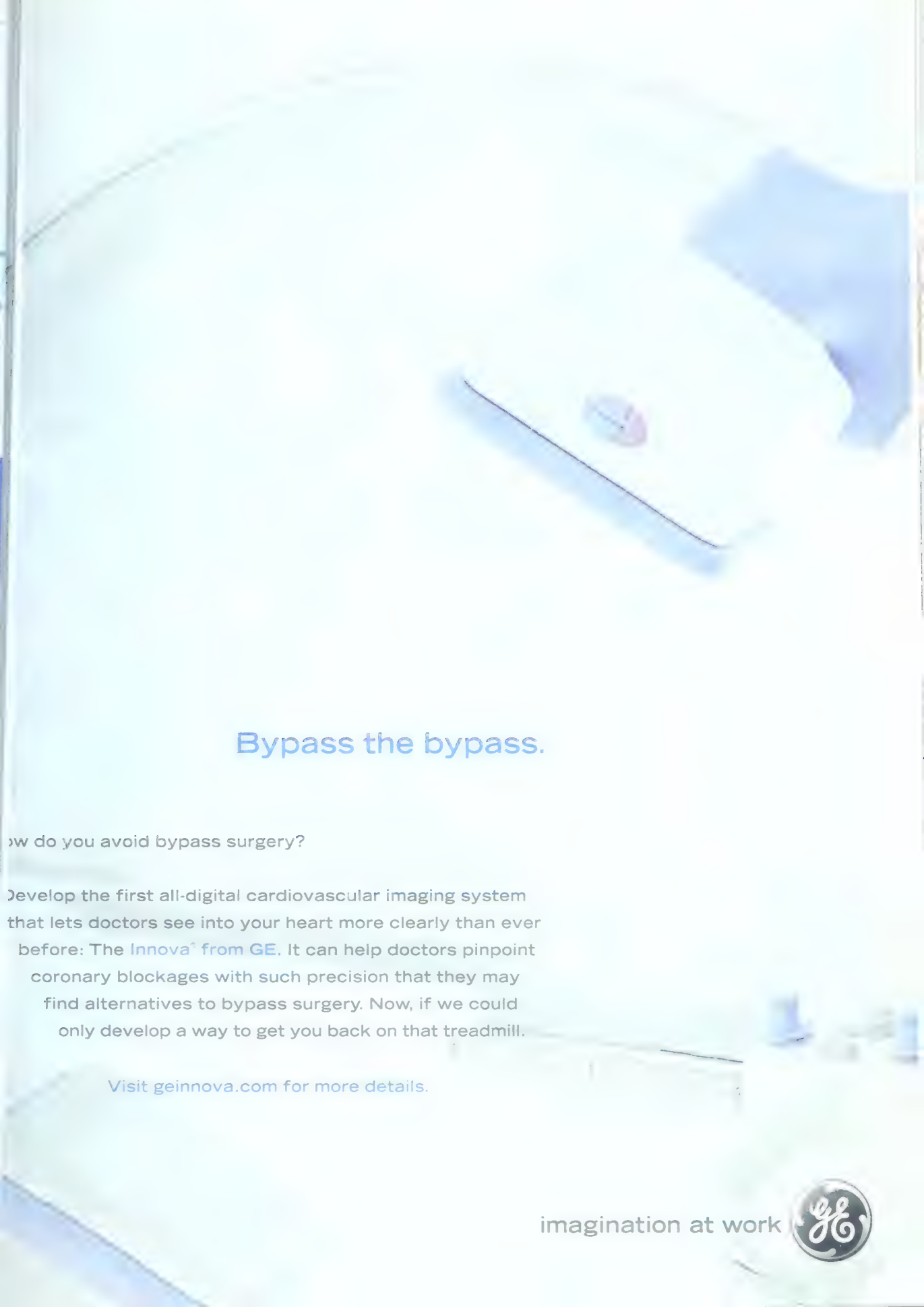


In October 2003, Betsy Ashton, a health-conscious television producer in New York City, was feeling great. After a 12-pound weight loss, her cholesterol had dropped from 271 to 259 (still high, but much improved). Her good cholesterol and triglyceride numbers were in the ideal range. But she couldn't escape the nagging worry about her family history of heart disease—both her mother and maternal grandfather had had heart attacks. To check on her own heart, Ashton decided to have an electron beam computed tomography (EBCT) heart scan, a 10-minute test that can identify calcium deposits in artery walls, a tip-off to the presence of fatty plaque that can clog an artery and cause a heart attack.

"The test couldn't have been easier," she says. "If I hadn't been wearing an underwire bra, I wouldn't even have had to undress." Results indicated that she had more plaque in her arteries than 99 percent of women. Shocked, Ashton decided to take action to safeguard her health. She has continued the maintenance version of the diet that had enabled her to lose the weight. At least six mornings a week, she goes to the gym to exercise with weights or take a Pilates or aerobics class. To prevent additional plaque buildup in her already clogged arteries, she takes a drug to control her cholesterol as well as medication to increase the supply of blood and oxygen to her heart. "I'm also having my cholesterol monitored every six months," she says. "I feel that all this is well worth it. I would do anything to avoid becoming as weak and frail as my mother was after her heart attack."

Although heart disease remains the nation's No. 1 killer of women (and men), death rates have been declining in recent years, particularly for men. CONTINUED

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before catastrophe strikes. Still, we've killer. Heart disease takes the lives of women per year, a bit more than the number of

out if *your* heart is healthy? And what can you do if something is wrong? Here, we report on the latest breakthroughs in tests to help you assess your risks and the most widely used drugs to help lower your heart-disease odds. Along with lifestyle changes, such as healthy eating, getting more exercise, reducing stress and stopping smoking, these options can help you stop heart disease before it starts.

TESTS THAT CAN SAVE YOUR LIFE

STRESS TEST

What It Is: This test measures how well your heart works when "stressed" by exercising on a treadmill. If you don't perform well on the test, it may be a sign that your heart isn't getting enough blood, perhaps because of a narrowing or blockage in one or more arteries.

How It's Done: You walk slowly on a treadmill, then faster as it speeds up (and/or as its incline is raised), or you pedal against increasing resistance on a stationary bicycle. Electrodes from an electrocardiogram (EKG) machine are placed on your chest, arms and legs to record the heart's activity, and a blood pressure cuff is placed on your arm so your blood pressure can be taken before, during and after the test. Stress tests sometimes are done in conjunction with an echocardio- which some doctors say is a more accurate way to assess risk for women). This test uses sound waves

ultrasound test merely requires you to lie on a table while a technician manipulates a handheld probe (transducer) against your body to send the sound waves.

Who Needs It: Until recently, exercise stress tests were believed to be more effective at identifying hidden heart disease in men than in women. One theory for this was that women's hormones might interfere with the testing. But in 2003, results of a 20-year study involving 3,000 women at Johns Hopkins Medical Institutions, in Baltimore, showed that stress tests can predict vulnerability to heart attacks among women, too. Although EKG readings taken while on the treadmill don't seem to reveal risks among women, as they do in men, the study showed that two other factors *do* signal future heart disease risk: how long a woman can continue to walk as a treadmill speeds up and how quickly her heart rate returns to normal afterward.

The test can help show if you're getting enough blood through your arteries to support the muscle activity required.) Women who did the worst on the tests had a risk of death from heart disease 3.5 times higher than those who did best. The Hopkins researchers recommended testing women older than 50 who are inactive and planning an exercise program. Others, regardless of age, who already have heart disease, are seriously overweight, smoke or have diabetes, a disorder that increases the risk of heart disease, may want to ask their doctor about the test.

What You'll Learn: The test reveals your heart's exercise capacity (how long you can continue to exercise once you've reached your target heart rate, the number of times your heart should beat per minute for your age); whether you have any heart-rhythm irregularities; how aerobically fit you are and whether blood flow to the heart is reduced during exercise due to a blockage or narrowing in any coronary arteries.

Cost: About $300 to $1,000, depending on where you go; should be covered by health insurance if ordered by a physician.

EBCT HEART SCAN

What It Is: The new electron beam computed tomography (EBCT) scan is a variation of conventional computed tomography (CT) X-ray scans long used to examine various parts of the body. EBCT is somewhat different from other CT scans in that it uses electron beams to create between 30 and 40 digital images of the heart; the computer then calculates the density of any calcium deposits in coronary arteries. The deposits indicate the amount of plaque that may be collecting. The more plaque, the greater the chance that one deposit CONTINUE



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New York, NY 10017

...side the de... ...e to 10 minutes.

Who Needs It: The American Heart Association recommends EBCT only for people at "intermediate risk" of heart disease—all men older than 45 and women older than 50 with at least one cardiac risk factor (such as diabetes, smoking, family history of heart disease, high cholesterol, high blood pressure). Why not test everyone? "Because we just don't know whether testing will translate into saved lives and averted heart attacks," says Robert Bonow, M.D., former president of the American Heart Association and a professor of medicine at Northwestern University Medical School, in Chicago. A study to assess the impact of EBCT results on people without symptoms of heart disease wasn't very encouraging: A year after being tested, participants in whom calcifications were detected hadn't made lifestyle changes to reduce their risks of heart disease. This study, conducted by doctors at Walter Reed Army Medical Center, in Washington, D.C., included 450 active duty Army personnel, 79 percent of them men. Would the results have been different if the study had included more women who, like Betsy Ashton, might be likelier to make positive lifestyle changes to decrease ... risk? We'll have to see what fu...

What You'll Learn: The test shows ... blood vessels are significant enough to indicate the presence of dangerous ...

rupture and cause a heart attack. In many cases, however, heart attacks in women occur because of coronary artery spasms that block blood flow to the heart, so a clean bill of heart health from an EBCT scan doesn't mean you're home free.

Cost: Between $325 and $500. Most health plans currently don't cover this, but that situation is beginning to change, so it's worth checking to see if your plan will pay. If you're willing to pay out-of-pocket, in some states you should be able to get a scan at a cardiac prevention center or your local hospital with no physician referral.

C-REACTIVE PROTEIN (CRP) BLOOD TEST

What It Is: This test measures inflammation-caused CRP, a substance produced in the liver in response to inflammation in the body due to an injury or an infection (including colds and flu), as well as such chronic conditions as diabetes, high blood pressure or long-standing but untreated infections such as gum disease or helicobacter pylori, the bacteria that cause ulcers. Some doctors now believe that inflammation may be even more important than LDL ("bad") cholesterol in predicting heart disease, especially in women.

How It's Done: Blood is drawn and sent to a lab for results.

Who Needs It: The American Heart Association recommends CRP testing only when doctors are not sure whether or how to treat patients at intermediate risk of heart disease. (The reasoning here: Patients at low risk don't need treatment, and patients at high risk need treatment regardless of CRP levels.) But some doctors recommend that you have a CRP test whenever you have your cholesterol checked: "A high CRP predicts high risk even if your cholesterol is low," says Paul Ridker, M.D., director of the Center for Cardiovascular Disease Prevention at Brigham and Women's Hospital, in Boston. "We need to identify these individuals and motivate them to live healthier lives: stop smoking, exercise and lose weight, all of which lower CRP levels and cardiovascular risk." CONTINUED

Aventis



'hen do ordinary legs become killer legs?

ou're off your feet due to illness, surgery or injury, there's a hidden risk: developing a blood clot
p inside your legs. The condition is called Deep Vein Thrombosis or DVT, and it can be fatal if
blood clot breaks loose and travels to the lungs. Complications from DVT kill up to 200,000
ople a year—more than AIDS and breast cancer combined. The good news is, in most cases,
T can be prevented. If you think you or a loved one may be at risk for DVT, talk to your doctor.

DVT. Understand the risk. Start with your free Risk Awareness Kit.

1-888-DVT-net1 www.DVT.net

Inflammation may be even more important than LDL in predicting heart disease, especially in women

What You'll Learn: When inflammation is present anywhere in the body, the immune system increases production of infection-fighting white blood cells. Doctors now believe that these cells can infiltrate plaque deposits in coronary arteries and destabilize them so that they rupture and spew debris, which can lead to a blocked artery, thus causing a heart attack.

Testing for CRP gives you an idea of whether the internal scenario set off by inflammation could be affecting your coronary arteries. The importance of CRP to heart-disease risk was established in an eight-year study involving 27,939 women led by Dr. Ridker. Of those women who eventually developed heart disease, three-fourths of them had LDL cholesterol below levels regarded as dangerous. Ominously, however, most of this group had high CRP levels. Dr. Ridker estimates that 25 percent of the U.S. population is in the same situation.

Cost: The CRP test is inexpensive ($10 to $120 depending on where you have it done); it should be covered by insurance if your doctor orders it.

COMING SOON . . .

PlGF: This newly recognized protein that also signals inflammation in the body may be even more effective at predicting heart disease risk than CRP, according to a new study in The Journal of the American Medical Association. A German study of 1,473 patients (mostly men) with acute chest pain found that those who had high levels of the protein, placental growth factor (PlGF), had a much higher risk of heart attack. Those who tested negative for PlGF were found to be at very low risk of heart attack. What's more, animal tests have shown that blocking the effects of PlGF suppresses growth of plaque in arteries. **Status:** Although the findings are promising, the lead researcher says more studies confirming the results are needed. It will be at least a year before a routine test becomes available.

MPO: Last year, Cleveland Clinic researchers identified an enzyme found in white blood cells that, when elevated among people with heart disease, indicates an imminent danger of a heart attack or death. In a study involving 604 patients who came to the emergency room with chest pain, tests for the enzyme myeloperoxidase (MPO) increased doctors' ability to predict the risk of heart attack or death over the next 30 days to six months from 50 percent to 95 percent. **Status:** experimental, so still several years away from wide use.

Cp-HSP60: This inflammatory protein in the blood appears to spike during heart attacks and episodes of chest pain known as unstable angina and drop when the heart is stabilized. In Italian studies, 99 percent of people having a heart attack or unstable angina tested positive for this protein. Now that they know that Cp-HSP60 is associated with heart attacks and angina, the researchers suggest that tests for its presence may someday help identify people at risk of heart disease before it happens. **Status:** The findings, while promising, must be confirmed by larger studies, so it will be several years before this test becomes widely available.

Genetic Testing: Last year, researchers at the Cleveland Clinic found the first gene responsible for a family history of heart attack or heart disease. Called MEF2A, the gene was detected by studying the genetic makeup of an Iowa family whose members had been having heart attacks or dying of heart disease for generations. Researchers think that MEF2A is only one of many heart disease genes and are continuing to test families with high rates of heart disease to find more. **Status:** People with a very strong family history and at least four or five relatives with heart disease may contact the Cleveland Clinic for possible testing.

DRUGS THAT MAKE A DIFFERENCE

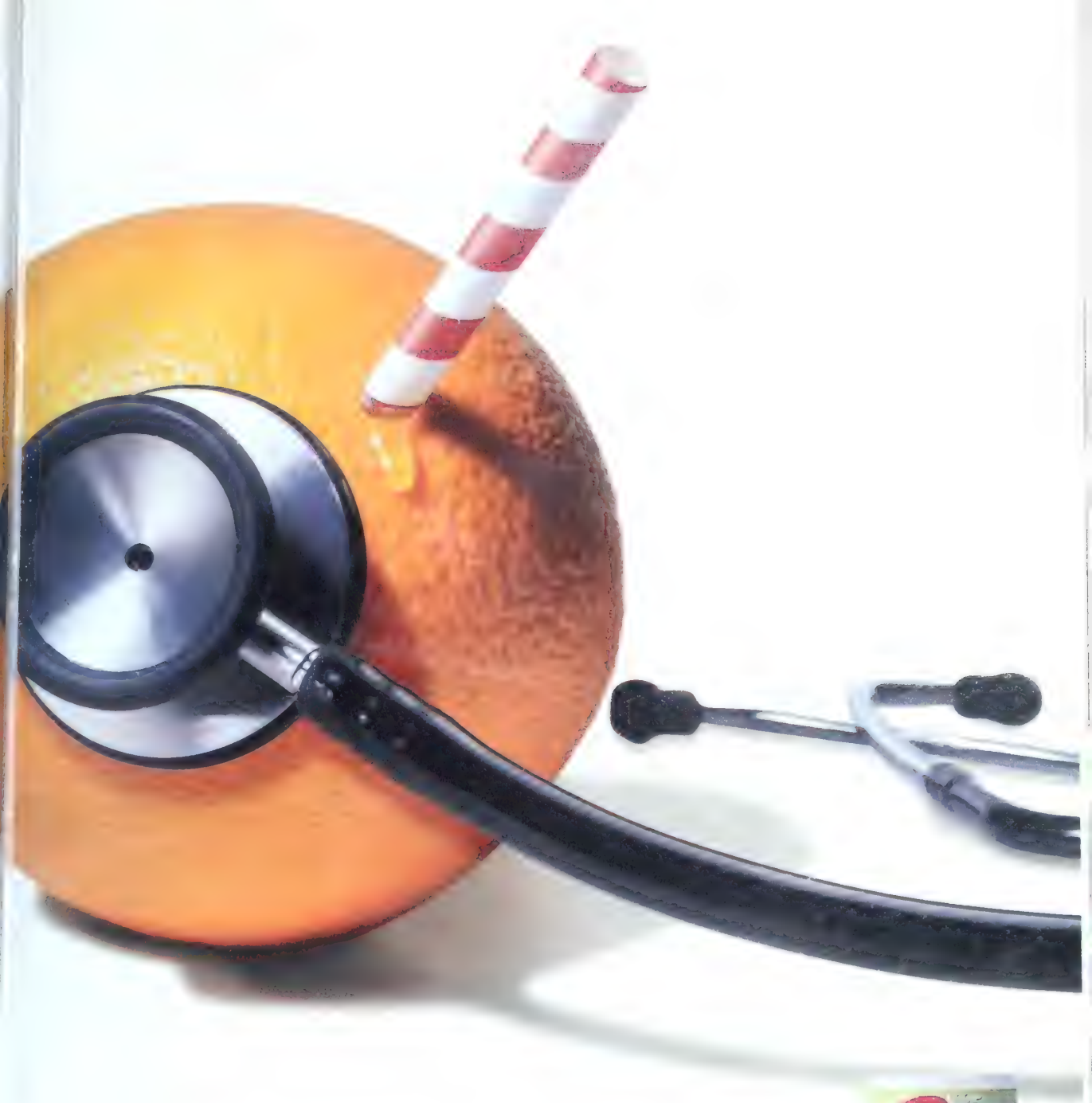
ASPIRIN

Who Needs It: Aspirin is recommended for those at high risk of heart disease, as well as those who have had heart attacks or have been diagnosed with heart disease.

What We Know: At first, doctors believed that aspirin helped prevent heart attacks by thinning the blood and preventing formation of clots that could clog an artery leading to a heart attack. Now they think that aspirin also protects against the inflammation in coronary arteries associated with heart disease.

Dosage: One or two CONTINUED

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Glug glug, thump thump:
New Tropicana® Healthy Heart.™



The power of six heart healthy nutrients and zero sodium.
The power to be strong to the core,
THAT'S **THE POWER OF PURE PREMIUM.®**

...s daily is usually sufficient. Look for ... upset aspirin can cause.

Side Effects: Aspirin can cause ... problems, including ... and/or ulcers (this is much less of a risk with low-dose formulations). Because aspirin thins the blood, those who take it daily must tell any doctor or dentist what dose they're taking before even minor surgery or any dental extraction. You shouldn't take aspirin except under a doctor's supervision if you are pregnant or have uncontrolled high blood pressure, a bleeding disorder, asthma, peptic (stomach) ulcers, liver or kidney disease.

Cost: Minimal.

STATIN DRUGS

What They Are: If diet and exercise don't help push down your LDL and total cholesterol, drugs called statins (such as Lipitor and Zocor) often can help. The mainstays of today's treatment for high cholesterol, statins can also stop plaque accumulation and prevent heart attacks.

Who Needs Them: Those with high cholesterol, especially high LDL cholesterol.

What We Know: While studies show that statins are highly effective (though they don't work for everyone ... prescribed). Recent data from the U.S. Centers for Disease Control and Prevention (CDC) show that ... percent of people with high cholesterol don't know it, and of those who do, ... percent are taking a cholesterol-lowering drug.

"There are ... effective use of ... S. Hecht, M.D., director of the Center for Preventive Cardiology at Beth Israel Medical Center, in New York City. "Many patients are told that they're not at risk because their LDL is not that high." The other problem is the apparent reluctance of many doctors to prescribe doses high enough to get their patients' LDL down to safe levels. (To be fair, there's no medical consensus on how low is safe enough. See "Cholesterol: What Those Numbers Mean," left.)

Some doctors believe that almost all adults should be on statins preventively, and, reportedly, the FDA may soon consider a request from the pharmaceutical companies that manufacture the drugs to make them available over-the-counter. (The British Department of Health has already recommended making statins available without a prescription.) In his new book, *The Heart of the Matter*, Peter Salgo, M.D., associate director of the open heart ICU at New York-Presbyterian Hospital, in New York City, notes that when taking statins, even patients with normal cholesterol have significantly fewer heart attacks. He recommends that all adults consider taking them daily starting in their late 20s or early 30s, or even earlier if they're at high risk of heart disease.

But Northwestern's Dr. Bonow cautions that while the rate of serious side effects (liver and/or muscle damage) from statins is low—only 1 to 2 percent—if you multiply that over millions of people, many could be needlessly harmed. Dr. Bonow also says that if these drugs are sold over-the-counter, many people may take them without knowing what their cholesterol levels are to begin with, what they should be or if and when they reach that goal. Without a doctor's supervision, he wonders how patients will know if they're taking the right statin, at the right potency and right dose. Another consideration: If statins are sold over-the-counter, health insurance won't cover their cost. CONTINUED

Cholesterol: What Those Numbers Mean

TOTAL CHOLESTEROL

Desirable: Less than 200 mg/dL (milligrams per deciliter of blood)
... 200-239 mg/dL
... 240 mg/dL and above

LDL (low-density lipoprotein, or "bad" cholesterol)

LDL is a better indication of heart-disease risk than total cholesterol.
... Less than 100 mg/dL (some research now says 80 or lower is best)
... 100 to 129 mg/dL
... 130 to 159 mg/dL
... 160 to 189 mg/dL
... 190 mg/dL and above

HDL (high-density lipoprotein, or "good" cholesterol)

The higher your HDL, the better, especially for women. Levels of 60 and above are considered protective.
... Less than 40 mg/dL
... 40 to 59 mg/dL
Desirable: 60 mg/dL and above

TRIGLYCERIDES

... Less than 150 mg/dL
... 150 to 199 mg/dL
... 200 to 499 mg/dL
... 500 mg/dL

EACH YEAR 500,000 WOMEN DIE FROM A DISEASE MOST DON'T EVEN SEE AS A SERIOUS THREAT.



HEART DISEASE IS THE #1 KILLER OF WOMEN. ASPIRIN CAN LOWER THE RISK.

It's a shocking fact: 1 in 2 women die of heart disease. But for those at risk, doctors know how to lower the odds: just take a low-dose Bayer® Aspirin everyday. It's a little thing you can do to help live a long and healthy life. And only Bayer has a regimen aspirin specially designed for women—Bayer® Women's Aspirin Plus Calcium.

TRUST YOUR HEART TO BAYER.



Aspirin is not appropriate for everyone, so be sure to talk to your doctor before you begin an aspirin regimen. © 2004 Bayer HealthCare LLC.



just like the TV
ed by the National
(NIH) showed that volunteers
access defibrillators saved the lives
number of heart-attack victims
e. Relatives of 7,000 heart
ow being trained to use home
tors as part of a new NIH study to assess
ving potential of keeping a defibrillator
ne defibrillators for home use
rates how to

Side Effects: Bloating, gas, heartburn, nausea, headache and dizziness (these tend to go away as treatment continues); in rare cases, muscle and/or liver damage.

Cost: As prescription drugs, statins often are covered by health insurance. The cost of a year's supply out-of-pocket ranges from $600 to $2,100, depending on the drug prescribed, its dosage and where you

SOON . . .

Polypill: British researchers have proposed this combination of a statin, aspirin, folic acid (a B vitamin that lowers blood levels of homocysteine, an amino acid associated with a higher risk of heart disease) and low doses of three blood-pressure drugs. They claim that if everyone [illegible] as well as all those who already have heart disease, takes the Polypill [illegible] diovascular disease [illegible] by more than 80 percent. While controversial, the idea has generated some medical support. Doctors with reservations about the Polypill worry that its availability may make patients even less inclined to exercise regularly and watch their diet. Status: under investigation to determine if such a pill is safe and effective. If it works, the pill could be available in two years.

ApoA-I Milano: In 2003, doctors at the Cleveland Clinic discovered that this synthetic form of HDL given intravenously can actually remove plaque from coronary arteries, a breakthrough that could have an enormous payoff for patients if further studies confirm the initial findings. Status: experimental; several years away from widespread use.

CETP Inhibitor: In The Netherlands, researchers succeeded in boosting HDL and lowering LDL with a drug that blocks the action of cholesterol ester transfer protein (CETP), a protein that lowers HDL. Status: needs more study; several years away from introduction.

Melatonin and blood pressure: A naturally occurring hormone, synthetic melatonin is sometimes taken by travelers to help with jet lag. Soon it may be an addition to blood pressure medications, according to recent research in *Hypertension: Journal of the American Heart Association*. In a small study in The Netherlands, participants who took melatonin at night for three weeks showed a small decrease in their blood pressure. The results are still inconclusive, says David Jones, M.D., a spokesperson for the American Heart Association. Status: Until more research is done, patients should not use melatonin to try to lower their blood pressure.

Test your heart-health risk. Take the quiz at: www.lhj.com/heartquiz

WWW.L-



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resenting Strattera, the first FDA-approved non-stimulant ADHD medication

Thanks to non-stimulant Strattera, Attention-Deficit/Hyperactivity sorder (ADHD) may never look the same again.

Clinically proven to effectively treat all symptoms of ADHD, such as nattention and/or hyperactivity/impulsiveness.

Can be taken once or twice a day for full-day relief of ADHD symptoms from school through family time, without causing insomnia in most children and adolescents.

Because Strattera is a non-controlled prescription medication, it offers the convenience of phone-in refills between physician visits.

Strattera is part of a total treatment program.

So ask your doctor today if non-stimulant Strattera is right for your ild. To find out more, contact us at strattera.com or call toll-free -877-777-4040.

Safety Information: Your child should not take Strattera at the same time or within two weeks of taking an MAOI, or if he or she has narrow angle glaucoma. Tell your doctor if your child has a history of high or low blood pressure, increased heart rate, or any heart or blood vessel disease.

Some children may lose weight when starting treatment with Strattera. As with all ADHD medications, growth should be monitored during treatment.

Most children in clinical studies who experienced side effects were not bothered enough to stop using Strattera. The most common side effects were upset stomach, decreased appetite, nausea or vomiting, dizziness, tiredness, and mood swings. Strattera has not been tested in children under 6 years of age.

See prescribing information on adjoining page.

non-stimulant

strattera®
atomoxetine HCl

Lilly

INFORMATION FOR PATIENTS OR [illegible] DRIVERS

STRATTERA™ (atomoxetine HCl)

[illegible] (Stra-TAIR-a).
STRATTERA. There
ike the place of
on or treatment.

What is STRATTERA?

STRATTERA is a [illegible] medicine used to treat Attention-Deficit/Hyperactivity Disorder (ADHD). STRATTERA contains atomoxetine hydrochloride, a selective norepinephrine reuptake inhibitor. Your doctor has prescribed this [illegible] as part of an overall treatment plan to control your symptoms of A[illegible]

What is ADHD?

ADHD has 3 main types of symptoms: inattention, hyperactivity, and [illegible] oms of inattention include not paying attention, [illegible] less mistakes, not listening, not finishing tasks, not following directions, and being easily distracted. Symptoms of hyperactivity and impulsiveness include fidgeting, talking excessively, running around at [illegible] ropriate times, and interrupting others. Some patients have more symptoms of hyperactivity and impulsiveness while others have more symptoms of inattentiveness. Some patients have all 3 types of symptoms.

Symptoms of ADHD in adults may include a lack of organization, problems starting tasks, impulsive actions, daydreaming, daytime drowsiness, slow processing of information, difficulty learning new things, irritability, lack of motivation, sensitivity to criticism, forgetfulness, low self-esteem, and excessive effort to maintain some organization. The symptoms shown by adults who primarily have attention problems but not hyperactivity have been commonly described as Attention-Deficit Disorder (ADD).

Many people have symptoms like these from time to time, but patients with ADHD have these symptoms more than others their age. Symptoms must be present for at least 6 months to be certain of the diagnosis.

Who should NOT take STRATTERA?

Do not take STRATTERA if:

- you took a medicine known as a monoamine oxidase inhibitor (MAOI) in the last 2 weeks. An MAOI is a medicine sometimes used for depression and other mental problems. Some names of MAOI medicines are Nardil® (phenelzine sulfate) and Parnate® (tranylcypromine sulfate). Taking STRATTERA with an MAOI could cause serious side effects or be life-threatening.
- you have narrow angle glaucoma, an eye disease.
- you are allergic to STRATTERA or any of its ingredients. The active ingredient is atomoxetine. The inactive ingredients are listed at the end of this leaflet.

What should I tell my doctor before taking STRATTERA?

Talk to your doctor before taking STRATTERA if you:

- have or had liver problems. You may need a lower dose.
- have high blood pressure. STRATTERA can increase blood pressure.
- have problems with your heart or an irregular heartbeat. STRATTERA can increase heart rate (pulse).
- have low blood pressure. STRATTERA can cause dizziness or fainting in people with low blood pressure.

Tell your doctor about all the medicines you take or plan to take including prescription and non-prescription medicines, dietary supplements, and herbal remedies. Your doctor will decide if you can take STRATTERA with your other medicines.

Certain medicines may change the way your body reacts to STRATTERA. These include medicines used to treat depression [like Paxil® (paroxetine) and Prozac® (fluoxetine)], and certain other medicines (like quinidine). Your doctor may need to change your dose of STRATTERA if you are taking it with these medicines.

STRATTERA may change the way your body reacts to oral or intravenous albuterol (or drugs with similar actions), but the effectiveness of these drugs will not be changed. Talk with your doctor before taking STRATTERA if you are taking albuter[illegible]

How should I take STRATTERA?

- Take STRATTERA according to your doctor's instructions. This is usually taken 1 or 2 times a day (morning and late afternoon early evening).
- You can take STRATTERA with or without food.
- If you miss a dose, take it as soon as possible, but do not take more than your total daily dose in any 24-hour period.
- Taking STRATTERA at the same time each day may help you rememb[illegible]
- STRATTERA is available in several dosage strengths: 10, 18, 25, [illegible] and 60 mg.

Call your doctor right away if you take more than your prescribed do[illegible] of STRATTERA.

Other important safety information about STRATTERA

Use caution when driving a car or operating heavy machinery until y[illegible] know how STRATTERA affects you.

Talk to your doctor if you are:

- pregnant or planning to become pregnant
- breast-feeding. We do not know if STRATTERA can pass into yo[illegible] breast milk.

What are the possible side effects of STRATTERA?

The most common side effects of STRATTERA used in teenagers a[illegible] children over 6 years old are:

- upset stomach
- decreased appetite
- nausea or vomiting
- dizziness
- tiredness
- mood swings

Weight loss may occur after starting STRATTERA. It is not know[illegible] growth will be slowed in children who use STRATTERA for a long per[illegible] of time. Your doctor will watch your weight and height. If you are [illegible] growing or gaining weight as expected, your doctor may change y[illegible] treatment of STRATTERA.

The most common side effects of STRATTERA used in adults are:

- constipation
- dry mouth
- nausea
- decreased appetite
- dizziness
- problems sleeping
- sexual side effects
- problems urinating
- menstrual cramps

Stop taking STRATTERA and call your doctor right away if you [illegible] swelling or hives. STRATTERA can cause a serious allergic reactio[illegible] rare cases.

This is not a complete list of side effects. Talk to your doctor if [illegible] develop any symptoms that concern you.

General advice about STRATTERA

STRATTERA has not been studied in children under 6 years old.

Medicines are sometimes prescribed for conditions that are [illegible] mentioned in patient information leaflets. Do not use STRATTERA f[illegible] condition for which it was not prescribed. Do not give STRATTERA to cl[illegible] people, even if they have the same symptoms you have.

This leaflet summarizes the most important information abo[illegible] STRATTERA. If you would like more information, talk with your doctor. [illegible] can ask your doctor or pharmacist for information on STRATTERA w[illegible] is written for health professionals. You can also call 1-800-LILLY[illegible] (1-800-545-5979) or visit our website at www.strattera.com.

What are the ingredients in STRATTERA?

Active ingredient: atomoxetine.

Inactive ingredients: pregelatinized starch, dimethicone, gelatin, sodi[illegible] lauryl sulfate, FD&C Blue No. 2, synthetic yellow iron oxide, titan[illegible] dioxide, and edible black ink.

Store STRATTERA at room temperature.

This patient information summary has been approved by the US Food[illegible] Drug Administration.

Literature issued January 17, 2003

PV 3740 AMP

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Indianapolis, IN 46285
www.strattera.com

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A Night at the Movies—at Home

Big screens, crisp images, high-fidelity sound. Your family can enjoy a first-class home-theater system in the comfort of your own living room. And now they're more affordable than ever

BY REBECCA DAY

Before they had kids, Melissa Burns, a public relations executive, and her husband, Brice Filippini, were weekly moviegoers. Now, with two children, movie night means sitting in the rec room of their Elk Grove, California, home viewing a rented flick such as *Finding Nemo* on their home-theater system. It isn't fancy—a 48-inch TV, combination DVD/VCR player and basic surround-sound system, costing some $1,500—but try telling that to their 5-year-old son, Landin. "It's just like going to the movies," he says, boasting that his neighborhood buddies are constantly knocking on the door asking to go upstairs. Movies at home mean 20-month-old Ryder, who's too young to sit still for a feature-length film, can join the fun, too—for a fraction of the price of going out. "With two adult tickets, a child's ticket, and paying the baby-sitter, a night at the movies costs us almost $50," says Burns. "And that doesn't include drinks and snacks."

Burns, Filippini and their children are among the growing number of families who've discovered the joys of a home-theater system. The term *home theater* may imply a dedicated room with theater seating, and it can be just that for those with money to spare. For most people, though, a home theater is a large-screen TV (a diagonal screen size of CONTINUED

the good life





RCA's HDLP50W151 DLP TV (top), $3,999, offers a superior picture; as does Sony's FD Trinitron 27-inch WEGA KV-27FS100 TV (bottom), $399

a TV with the older-generation cathode-ray tube technology (CRT). Because they still use picture tubes, these sets are heavier and bulkier, and tabletop sets top out at 36 inches, but they still provide high-quality images. A Samsung 32-inch EDTV CRT monitor costs about $699, and its HDTV cousin goes for $899.

Until recently, you had to give up a lot of floor or cabinet space to accommodate CRT-TV sets, since their picture tubes extended up to 27 inches behind the screen. The new liquid crystal display (LCD), plasma and digital light processing (DLP) sets are changing that. Despite high price tags, their image quality is not necessarily better than CRT TVs, but that's not the point. "Flat-panel TVs are hot because the form is sexy," says Scott Ramirez, marketing vice president at Toshiba. "People like a TV that doesn't take up a lot of room or can be hung on the wall."

LCD TVs An LCD image is made up of pixels, each of which contains red, blue and green cells; when the crystals in an LCD TV glass panel receive the video signals, they interpret the information and either allow light to pass through or block it, thus recreating dark and light images. LCD TVs have a viewing angle of 170 degrees, allowing a great view even if you are far to the right or left of the screen. They're generally found in screen sizes up to 40 inches, though 45- and 55-inch models are due to hit stores later this year. Zenith's high-definition 30-inch L30W36 LCD TV, which is roughly 30-by-20 inches and 4 inches deep, has a suggested retail price of $3,700 but is available in some stores for less. Toshiba's 32-inch 32HL83 LCD

The television is the starting point for any home theater, since it's the most expensive part of the equation and the focal point of the room. Before you buy, it helps to understand that TVs are in the midst of a technological transition: Up until 1996, they could receive programming signals only through analog tuners, but those are being replaced by digital technology, which offers sharper pictures and better acoustics. According to the CEA, most TVs sold today with 40-inch or larger screens are digital, as manufacturers prepare for the transition to high-definition television (HDTV). Enhanced and high-resolution versions of TVs, which offer more lines of resolution on their screens and hence an even sharper picture.

Only true HDTVs (with 720 or 1,080 scan lines per screen) can display the vivid colors, details and dimensionality that *is* possible with digital signals. EDTVs (with at least 480 scan lines) offer a crisper picture than analog sets but can't reproduce the you-are-there realism of HDTVs. A 42-inch Panasonic plasma EDTV now sells for about $4,499, while its HD counterpart costs $6,499.

But you can also enjoy high definition on a tighter budget if you opt for

, which measures 42-by-24 inches
l is 5.9 inches deep, sells for
999. Sharp's 45-inch LC-45GD4U
D TV, with a depth of just 2.7
hes, will arrive in stores this sum-
r and sell for between $10,000
l $12,000.

sma TVs These sets have gas in-
e a plasma display, which emits
it inside each pixel; the pixels emit
l, blue or green according to the
ctrical charge from incoming video
nals. The gasses in a plasma TV
ve a lifespan of 25,000 to 30,000
urs (or about 12 years when
wed six hours a day), just half that
an LCD set. They also have a
ghtly narrower viewing angle of
0 degrees. Prices start at about
,500 for Gateway's 42-inch EDTV
fter rebate), which measures some
-by-25 inches and is 3.7 inches
ep. Step up to the Panasonic TH-
2PX25U/P ($5,999) and you get
DTV resolution and slots that ac-
pt memory cards from digital cam-
as so you can see your photos on
e big screen. If you have a generous
udget, check out Philips 50FD9955
0-inch HDTV monitor ($9,999),
hich measures just 4.3 inches deep.

LP TVs These TVs allow for large
creen sizes (starting at 40 inches) and
igh-definition images in cabinets that
re relatively shallow, though they are
ot as flat as LCD or plasma sets.
LP TVs contain a semiconductor
hip with hundreds of thousands of
nirrors that reflect light according to
nformation in the video signal; the
ight passes through a color wheel to
reate images that are magnified and
projected on a screen. "It's an ex-
remely reliable high-definition tech-
nology that delivers clear, crisp
images even in a bright room," says
Greg Bosler, vice president of color
television at Thomson's CONTINUED

One-Stop, All-in-One Systems

Not everyone is willing or able to set up a full-blown HDTV home-theater system. You might be constrained by space or a tight budget—or simply prefer the ease of buying a home-theater package. One option is Sony's FD Trinitron 27-inch WEGA KV-27FS100 TV ($399) and DAV-FC7 DVD Dream System ($499). You'll get some of the best images available in analog TV, a compact, stylish audio package with five small speakers and a subwoofer, and an AM/FM radio and five-disc DVD player.

If you can devote $1,100 to a DVD player and sound system alone, the Infinity TAS-1000 delivers great performance for the price. The package combines a 50-watt DVD player/audio receiver with a satellite/subwoofer set. The speakers feature integrated wall-mount brackets or can sit on optional stands, and the brushed aluminum finish blends nicely with lighter toned TVs.

ezed for space? Innovations from companies such as Dolby and Bose allow you to enjoy realistic sound using just two speakers. Dolby's new Virtual Speaker technology and Bose's TrueSpace digital processing create the sense of surround sound from two front speakers placed on either side of a TV. Virtual surround systems may not be as realistic as their five-speaker counterparts, but they deliver far more enveloping acoustics than you'd experience from stereo speakers alone. Denon's super-compact D-M71DVSXP DVD/receiver system ($999), which includes a DVD player/receiver, a pair of 2.8-by 8.4-inch, 6.4-inch-deep speakers and an attractive cherry-wood subwoofer—was the first to incorporate Dolby Virtual Speaker, but look for more to follow. For those who want even more capability, Bose's 3.2.1 GS DVD home-entertainment system ($1,299, pictured here) combines two speakers (roughly 3-by-6 inches and 4 inches deep), a bass module (15-by-9 inches by 19 inches deep), and a DVD player and AM/FM radio. Rear-panel inputs allow you to add three audio/video components, including an MP3 player.



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The Toshiba SD-V391 DVD/VCR player (above) sells for $229; the more sophisticated Pioneer DVR-810H TiVo/DVD recorder (below) costs $1,199

Americas Group. At 67 pounds, the 43-inch Samsung HLN4365W ($3,499) is light enough to put on a table, and its 15.75-inch depth makes it an easy fit; it also features two sets of video inputs for the highest quality signals from an HDTV cable box or DVD player. The 50-inch RCA HDLP50W151 DLP TV ($3,999), only 16 inches deep, has a built-in Web browser (via a wireless keyboard) that allows you to surf the Internet on one side of the screen while you watch TV on the other, so you can, say, download a recipe while watching Emeril stir a roux. Look for even thinner, 7-inch-deep DLP sets when Thomson introduces its 50- and 61-inch Scenium HDTV DLPs this fall.

Budget and room size determine the size of the TV screen you choose, though personal preference comes into play, just as it does at the theater: Sit too close to the screen and you can see lines or pixels; sit too far away and the picture loses impact. For guidelines on recommended viewing distances, see

The DVD player has replaced the VCR for movie playback at home. Like a CD player, it uses a laser to read discs, which hold far more audio and video detail than a videotape, resulting in sharper images, bolder colors and better sound. Because only the light of the laser touches the disc, CDs don't degrade over time as tapes do. DVD players have become so commonplace that you can find a decent basic model for less than $100. Philips DVD-727, which sells at Wal-Mart for about $80, can also play music CDs with MP3 songs you've downloaded from your PC. The Yamaha DVD-C740 can accommodate five discs, either DVD or CD, at once, including MP3 CDs you've recorded on a computer.

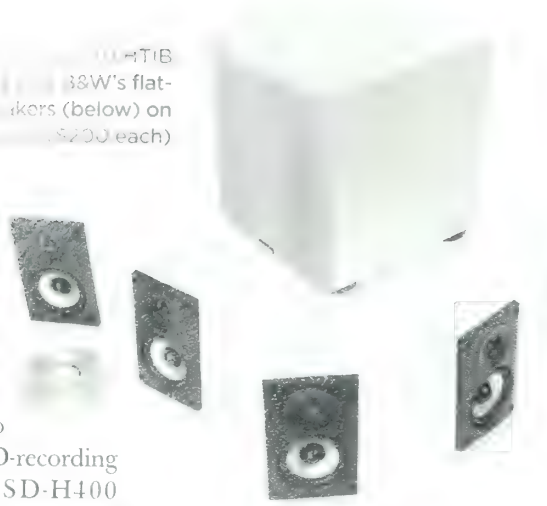
If you still have a library of videocassette movies, you might want a combination DVD/VCR player. Even a basic model, such as Toshiba's SD-V391 ($229), includes a few cutting-edge DVD features, such as playback of MP3 music CDs. Another option is Pioneer's DVR-810H TiVo/DVD recorder ($1,199). In addition CONTINUED



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...hours of pro
...grams onto a hard drive.
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onto a DVD. A non DVD-recording version, the Toshiba SD-H400 ($549), combines a DVD player and TiVo in a single box.

Video is just half of the home-theater picture. The audio portion provides the emotion—whether it's the crash-and-burn soundtrack of an action flick or the gentle patter of falling rain in a romantic tearjerker. Audio/video receivers, which distribute incoming sound from the TV or DVD player among the speakers, vary according to amount of power (the larger the space, the more power you need). They start at 50 watts per channel, which is plenty for a small room or apartment, and go up to 120 watts for large rooms and for those who like to listen at high volume. The Kenwood VR-707 ($250) offers plenty of power at 100 watts; it also features a mode called Dolby Pro Logic II, which can process surround-sound stereo music from CDs for highly realistic acoustics. Part of setting up a receiver for the first time involves telling the receiver information about speaker size and distance from the listening position so that the sound is tailored to your room. JVC's Smart Speaker Setup in the 100-watt RX-DV1SL ($1...) walks you through the process.

Good surround speakers provide crisp cricket chirps or tinkling music



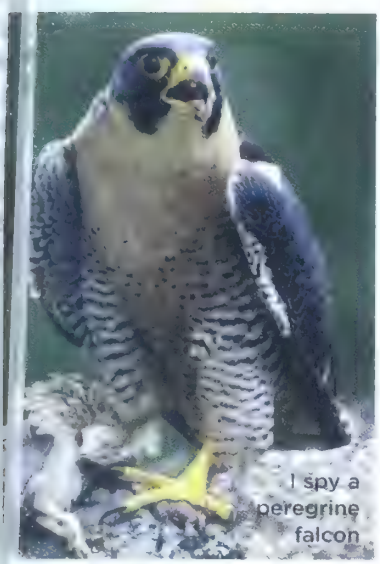
To reproduce a movie soundtrack the way the director intended, you should have five satellite speakers as well as a subwoofer speaker for low-frequency sound. Two front speakers flank the TV, while the important center speaker, which delivers dialogue, is placed either above or below the set. The two surround speakers—which provide the cricket chirps that place you outside on a summer night or the tinkling music and background conversation of a dinner party—go toward the back of the room or behind your seat. Placement of a subwoofer, which handles the deep sounds of rolling thunder or the booms of fiery explosions, is less critical because it projects in all directions; it can go anywhere, even behind a chair, if you want to keep it out of sight.



If you're shopping for speakers to match your flat-panel TV, B&W's VM1 speakers ($200 each), which measure roughly 21-by-5 inches and are 3.7-inches deep, can be mounted to a wall; and you can complete the set with B&W's 85-watt AS1 subwoofer ($250). At a fraction of the price is the Paradigm Cinema 70 HTIB system ($549) with five miniature satellites (7-by-4 inches and 5.5 inches deep) and a 90-watt subwoofer.

Before you buy, remember that speakers determine the ultimate sound of a home-theater system more than any other component. Audition them by taking a few of your favorite CDs and DVDs to the store and asking for a demonstration. Don't let the salesperson try to blow you away with explosions or battle scenes that emphasize bass; listen for music and dialogue that sounds natural and warm, and bass notes that sound crisp, not muddy.

The Beauty of Bird-watching



This newly booming gentle sport makes for an ideal family vacation that will restore everyone's sense of wonder and respect for nature

BY LYNN LANGWAY

ny settle for marshmallow chicks celebrate spring when you can e hundreds of real hawks and rebirds winging home to nest.'

If you've never tried your hand r binoculars) at bird-watching, ring is the perfect season. Decked it in their most flamboyant urtship feathers, even the shyest ngbirds are at their most visible.

Nearly one in three adult Ameri- ns—63 million strong—did some ird-watching last year, whether in eir backyard or beyond, according the U.S. Forest Service. Several actors have made the activity take ight; it's relatively inexpensive, edu- ational and an enjoyable way for amilies to explore nature together.

Many Audubon chapters run na- ure centers in local parks that can ntroduce you to bird-watching. For bounty of birds close to home, try California's magnetic Monterey oast, 112 miles south of San Francisco. Bordered by the Pacific Ocean on one side and the Santa Lucia and Gabilan mountain ranges on the other, and threaded by the breathtaking State Highway 1 through Carmel and Big Sur, this scenic region boasts every habitat that a tired, hungry bird—or avid vacationer—could want. Every spring, thousands upon thousands of migrating shorebirds, waterfowl and warblers descend on the beaches, tidal wetlands and woodlands from Monterey Bay south to San Simeon. No wonder the American Birding Association named Monterey "America's Birdiest County."

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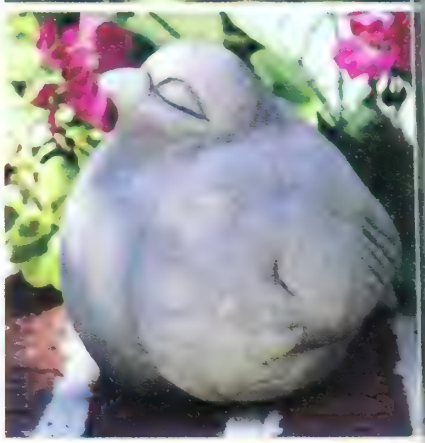
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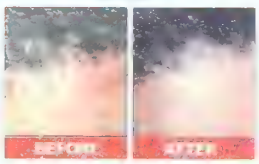
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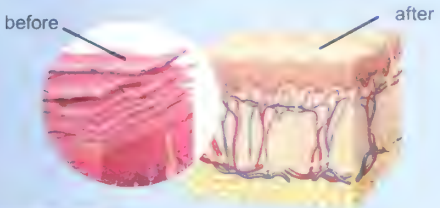
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Soy: The New Superfood?

Supermarket aisles are overflowing with new products made with soy. But are they as good for your heart as the labels claim? And just what does this stuff taste like?



If you've been in a supermarket lately, you couldn't help but notice that soy is, well, *everywhere*. It's the new star ingredient in cereals, energy bars and chips, as well as in imitation meat and dairy products from cold cuts, burgers and chicken to milk, cheese, yogurt and ice cream.

In fact, between 2000 and 2002, nearly 500 new soy products arrived since. What's behind the soy surge? For starters, after decades of trial and error, food makers finally got a handle on how to produce soy-based foods that Americans will eat. Home cooks [illegible] been confounded by some [illegible] of tofu know exactly what [illegible] with soy burgers and soy deli [illegible]

And the taste has improved—dramatically. "It took a while for manufacturers to make soy foods that didn't taste 'beany,' but they've finally done so," says John Erdman, Ph.D., professor of food science and human nutrition at the University of Illinois at Urbana-Champaign.

A NEW HEART HERO?

A major catalyst for the soy-foods explosion was the FDA's announcement five years ago that eating 25 grams of soy protein a day (as part of a diet low in saturated fat and cholesterol) lowered cholesterol sufficiently to reduce the risk of heart disease. In its history, the FDA has issued only 12 such food-related health claims. This one was based largely on a 1995 review of 38 studies, published in *The New England Journal of Medicine*, that showed that eating soy protein instead of

CONTINUED ON PAGE 196

BY NORINE DWORKIN

LHJ CO



ADDING *EMEND* CAN HELP PATIENTS ON CHEMOTHERAPIES THAT ARE HIGHLY LIKELY TO CAUSE NAUSEA AND VOMITING.

EMEND, when added with other medicines, helps prevent and control nausea and vomiting caused by initial and repeat courses of chemotherapy that are highly likely to cause nausea and vomiting in adult patients. By adding 3 capsules over 3 days, EMEND can help protect against nausea and vomiting not only on Day 1 but also on Days 2 through 5. Which means, EMEND may stop symptoms before they start. Ask your doctor about adding EMEND before you begin chemotherapy.

IMPORTANT INFORMATION: EMEND is not used to treat or prevent nausea and vomiting that occurs after chemotherapy. Tell your doctor about all the medicines you are taking, if you are pregnant or plan to become pregnant, or if you have liver problems. EMEND may cause serious life-threatening reactions if used with certain medicines. (See the section "Who should not take EMEND?" on the adjacent page.) EMEND may also affect some medicines, including chemotherapy, causing them to work differently in your body. **Women who use birth control pills while taking EMEND should also use a backup method of contraception to avoid pregnancy.** The most common side effects with EMEND are tiredness, nausea, hiccups, constipation, diarrhea, and loss of appetite. These are not all of the possible side effects of EMEND.

EMEND (aprepitant)

EMEND is available by prescription only. Please read the Patient Product Information for EMEND on the adjacent page, and discuss it with your doctor.

For more information, visit emend.com.

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Patient Information
EMEND® (EE mend)
(aprepitant) Capsules

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You sh
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EMEND. Your doctor or pharmacist can give you an additional leaflet that is
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formation.
ot take the place of
s with your doctor. You and your doctor should discuss EMEND when you start taking your medicine.

What is EMEND?

EMEND is an antiemetic medicine for use in adult patients. An antiemetic is a medicine used to prevent and control nausea and vomiting. EMEND is always used WITH OTHER MEDICINES to prevent and control nausea and vomiting caused by your chemotherapy treatment. EMEND is not used to treat nausea and vomiting that you already have.

Who should not take EMEND?**

Do not take EMEND if you:

- are taking any of the following medicines:
  - ORAP (pimozide)
  - SELDANE (terfenadine)
  - HISMANAL (astemizole)
  - PROPULSID (cisapride)

Taking EMEND with these medicines could cause serious or life-threatening problems.

- are allergic to any of the ingredients in EMEND. The active ingredient is aprepitant. See the end of this leaflet for a list of all the ingredients in EMEND.

What should I tell my doctor before and during treatment with EMEND?

Tell your doctor:

- if you are pregnant or plan to become pregnant. It is not known if EMEND can harm your unborn baby.
- if you are breast-feeding. It is not known if EMEND passes into your milk and if it can harm your baby.
- if you have liver problems.
- about all your medical problems.
- about all the medicines that you are taking or plan to take, prescription and nonprescription medicines, vitamins, and herbal supplements. EMEND may cause serious life-threatening reactions if used with certain medicines (see the section **Who should not take EMEND?**). Some medicines can affect EMEND. EMEND may also affect some medicines, including chemotherapy, causing them to work differently in your body.

Your doctor may check to make sure your other medicines are working, while you are taking EMEND. Patients who take COUMADIN (warfarin) may need to have blood tests after each 3-day treatment with EMEND to check their blood clotting.

Women who use birth control pills while taking EMEND should also use a back-up method of contraception to avoid pregnancy.

How should I take EMEND?

- Take EMEND exactly as prescribed.
- EMEND is a capsule that you swallow with a drink.

The recommended dose of EMEND is:

- Take one 125-mg capsule (white/pink) by mouth 1 hour before you start your chemotherapy treatment; **AND**
- Take one 80-mg capsule (white) each morning for the 2 days following your chemotherapy treatment.
- EMEND may be taken with or without food.
- Do not start taking EMEND if you already have nausea and vomiting. Ask your doctor what to do.
- If you take too much EMEND, call your doctor, local emergency room or poison control center right away.

What are the possible side effects of EMEND?

The most common side effects with EMEND are:

- tiredness
- nausea
- hiccups
- constipation
- diarrhea
- loss of appetite

These are not all of the possible s effects of EMEND. For further infor tion ask your doctor or pharmacist. to your doctor about any side effect t bothers you.

General information about the use EMEND

Medicines are sometimes prescrit for conditions that are not mentione patient information leaflets. Do not EMEND for a condition for which it v not prescribed. Do not give EMEND other people, even if they have t same symptoms you have. It may ha them. Keep EMEND and all medicir out of the reach of children.

This leaflet summarizes the m important information about EMEND you would like to know more inform tion, talk with your doctor. You can a your doctor or pharmacist for inform tion about EMEND that is written f health professionals.

What are the ingredients in EMEND?

Active ingredient: aprepitant

Inactive Ingredients: Sucrose, micr crystalline cellulose, hydroxypro cellulose and sodium lauryl sulfate. T capsule shell excipients are gelatin a titanium dioxide. The 125-mg capsu shell also contains red ferric oxide a yellow ferric oxide.

* R
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Issued March 2003

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Whitehouse Station, NJ 08889, US.
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Anti-Aging Breakthrough

Better than Botox?



"Who would have thought a stretch mark remover would turn out to be the anti-wrinkle breakthrough of the decade!"

In a remarkable turn of events, arguably one of the strangest in the history of cosmetics, women across the country are putting a stretch-mark reducing emulsion called StriVectin-SD on their face to get rid of fine lines, wrinkles and crows' feet. And, if consumer rave reviews are any indication of a product's effectiveness, StriVectin-SD is nothing short of a miracle. Women (as well as a growing number of "Boomer" men) are buying so much StriVectin-SD that finding a tube at your local cosmetic counter has become just about impossible. Has everyone gone mad? Well... not really.

Scientific Breakthrough or Dumb Luck?

Although StriVectin-SD was already backed by clinical trials documenting its ability to visibly reduce the depth, length, discoloration and roughness of existing stretch marks, the success of StriVectin-SD as an anti-wrinkle cream was "dumb luck," says Gina Gay, spokesperson for Klein-Becker, StriVectin-SD's exclusive distributor.

"When we first handed out samples of the StriVectin formula to employees and customers as part of our market research, the sample tubes were simply marked 'topical cream' with the lot number underneath," Ms. Gay explains. "As the samples were passed to friends and family, the message became a little muddled and some people used this 'topical cream' as a facial moisturizer. As we began to receive feedback from users, like 'I look 10 years younger' and 'my crows' feet are gone,' we knew we had something more than America's most effective stretch-mark reducer. The point was driven home as store owners began reporting that almost as many people were purchasing StriVectin as an anti-wrinkle cream as were buying it to reduce stretch marks."

Dr. Daniel B. Mowrey, Klein-Becker's Director of Scientific Affairs, says, "Clearly, people were seeing results, but we didn't have a scientific explanation as to why this wrinkle-reduction was occurring. However, based on the incredibly positive reports, I started using it myself — applying StriVectin to my face after shaving." Dr. Mowrey adds, "On a personal note, my wife tells me I haven't looked this good in years."

Dumb Luck Strikes Again!

Then, on Tuesday, July 2, 2002, at a meeting of the [illegible] Congress of Dermatology in Paris, France, a series of studies detailing the cosmetic anti-wrinkling properties of a patented oligo-peptide (called Pal-K[illegible] versus retinol, vitamin C, and placebo, on "photo-aged skin" was presented. As [illegible] states, "the wrinkle-reducing oligo-peptide tested in the breakthrough clinical trials turned out to be a key active ingredient in the StriVectin cream."

In the trials, subjects applied the patented peptide solution to the crows' feet area on [illegible] a cream containing either retinol, vitamin C, or a placebo to the other side.

Subjects in the Pal-KTTKS/retinol study applied the [illegible] once a day for 2 months and then twice a day for the next 2 months. Using special image analysis, the study's authors reported "significant improvement" in wrinkle depth, length, wrinkle volume, and skin roughness for those women using the peptide solution.

Better yet, at the 2-month halfway point, the peptide solution thickened skin nearly 1.5 times faster than retinol, and without the inflammation retinol often causes in sensitive skin. As [illegible] studies confirmed that the Pal-KTTKS solution's effectiveness at reducing the appearance of [illegible] exceeded that of retinol, vitamin C and placebo.

A smoother, younger complexion, less irritation, fewer wrinkles, and faster results — all without expensive (and painful) peels, implants or injections.

Better than Retinol and Vitamin C, But Is StriVectin-SD Better than Botox®?

Dr. Nathalie Chevreau, Director of Women's Health at Salt Lake City based Basic Research, exclusive distributor for Klein-Becker, explains, "Many researchers believe less invasive cosmetic alternatives are better than [illegible] [sometimes referred to as Botox Cosmetic]. That's because 'cosmeceutical' creams and gels offer gradual, continual results, while the effects of injections, facial peels, and dermabrasions wear off... in fact, you'll never look better than you do shortly after the inflammation and redness [illegible]."

"Furthermore," Dr. Chevreau continues, "Botox has been approved by the FDA for an extremely limited use — the tiny little space of deep furrows between the eyebrows — and can cause side effects such as 'headache, temporary eyelid droop, and nausea.' The active ingredient in StriVectin, on the other hand, has been shown to significantly reduce the appearance of fine lines and facial wrinkles (including crows' feet) that can add 10-15 years to your appearance... the type of fine lines and wrinkles that [illegible]."

In other words, StriVectin-SD helps give you a youthful, healthy, glowing complexion faster than retinol, far superior to vitamin C, and without irritation, needles, or surgery.

So, if you see someone applying [illegible] to their face, don't think they've gone off the deep end... they may be [illegible].

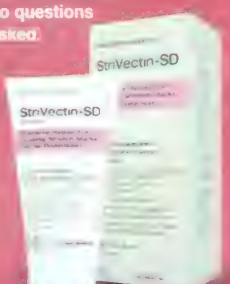
Having a hard time finding StriVectin-SD?

If you've been searching for StriVectin-SD, you already know it's become almost impossible to find. Don't bother with Neiman Marcus, they don't have it; Saks 5th Avenue might be able to order it for you... Your best bets are SEPHORA [illegible] or Lord & Taylor (they always try to keep it in stock) or, believe it or not, the pregnancy section of your local GNC or high-end supplement retailer. To be absolutely sure, you can order StriVectin-SD directly from Klein-Becker at:

1-800-220-8237

or order online at www.StriVectin.com.

Since StriVectin-SD was designed as a stretch-mark reducing formula, it comes in a large, 6-ounce tube. At $135.00, StriVectin-SD is not cheap... but when used as a wrinkle-remover, one tube will last approximately six months. By the way, StriVectin-SD is backed by Klein-Becker's money-back guarantee. If StriVectin-SD doesn't make your skin look younger, healthier, and more vibrant, simply return the unused portion within 30 days for a full refund... no questions asked.



Call 1-800-220-8237 or order online at www.StriVectin.com.

[illegible] Klein-Becker USA, LLC [illegible]

Study References

[illegible]

[illegible] significantly low [illegible] triglycerides.

[illegible] an overnight superfood. Manufacturers slapped the health claim on any product containing [illegible] amount required by the FDA. And consumers started gobbling up these products. The year the health claim came out, soy sales saw a 41 percent increase, and the market has grown an average of 14 percent a year ever since, reaching an estimated $4 billion in 2003. According to the United Soybean Board, 28 percent of us now buy soy foods once a week or more, mainly because we believe they're healthy.

THE GREAT DIET DEBATE

Soy is a lean plant protein that's packed with vitamins and fiber and has zero cholesterol and minimal saturated fat. However, our understanding about what it is about soy that makes it so healthy is still evolving. At first, some scientists suspected soy's cholesterol-lowering effect was in part due to its high levels of isoflavones, a collection of plant chemicals with weak estrogen-like characteristics. But [illegible] believe that isoflavones play a major role in lowering LDL cholesterides. Instead, it [illegible] protein by itself may play [illegible] in lowering cholesterol.

Small, however, may be the operative word. Now some [illegible] questioning whether soy reduces cholesterol to any significant degree, or whether people who eat a diet rich in soy foods simply eat less of other cholesterol-laden foods that would otherwise raise LDL cholesterol and contribute to cardiovascular disease. Several important studies in the past few years have shown only a very tenuous link between soy and cholesterol reduction. "The bottom line is that there's really no proof that soy protein lowers LDL cholesterol significantly enough to be therapeutic," says Robert H. Eckel, M.D., professor of medicine at the University of Colorado Health Sciences Center, in Denver, and chair of the American Heart Association's Council on Nutrition, Physical Activity and Metabolism. A spokesperson for the FDA said the agency is evaluating the new research but so far has not altered its soy health claim.

Soy protein may play a small role in lowering cholesterol

Some research shows that eating soy seems to lower cholesterol significantly—some 5 to 10 percent—only in people who have very high cholesterol to start with. But ultimately, if your cholesterol is in the danger range, whether soy reduces it by 5 percent or 10 percent hardly matters. "You can't get from an LDL concentration of 200 mg/dl to 100 mg/dl with an agent that lowers cholesterol [illegible] little," says John Crouse, M.D., professor of medicine and public health sciences at Wake Forest University School of Medicine, in Winston-Salem, North Carolina. "If you have high cholesterol, eating soy is not the answer. You probably need statin drugs. But soy can still be part of a heart-healthy diet."

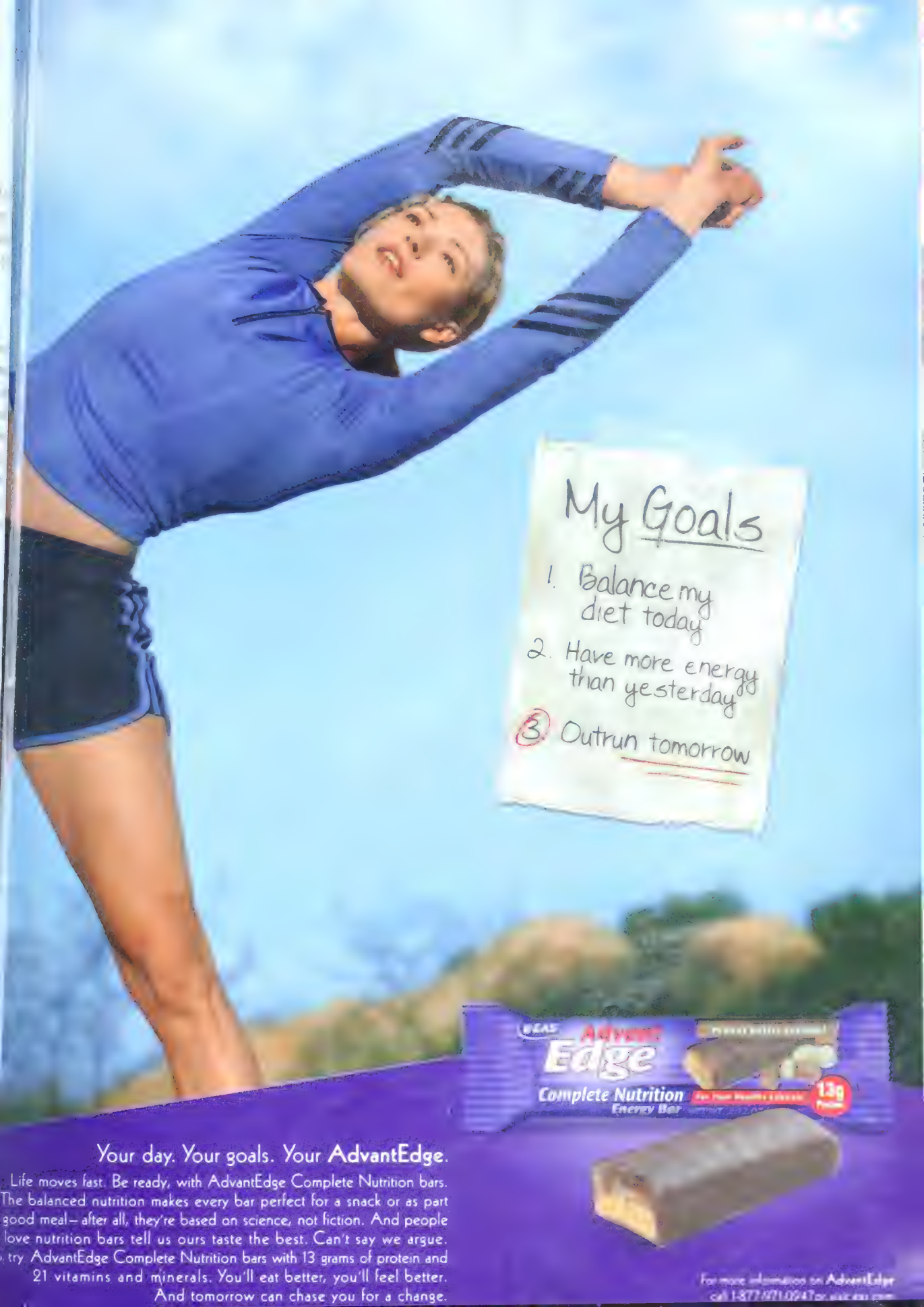
THE BOTTOM LINE

In the end, it's best to approach soy as part of a healthy eating plan, not as a magic bullet. "We need to stop focusing on one particular food and eat a number of foods known to benefit heart health," says Clare Hasler, Ph.D., executive director of the Robert Mondavi Institute for Wine and Food Science at the University of California, Davis. "For some people who eat heart-healthy oatmeal for breakfast, a handful of omega-3–rich nuts for a snack and a glass of soy milk in the course of the day, it's conceivable that such a diet, over time, could be an effective treatment for lowering cholesterol."

"If people use soy protein to replace animal proteins such as those found in cheese, steak or hamburger, they displace saturated fat from their diets, and that can significantly decrease LDL cholesterol levels and lower their risk for heart disease," says Alice Lichtenstein, Gershoff professor of nutrition science and policy at the Friedman School of Nutrition Science and Policy at Tufts University, in Boston. "But by just eating cereal with 6.25 grams of soy protein per serving, I don't think they're going to get the health benefit they're hoping for."

Even if soy doesn't lower cholesterol as much as once thought, it's important to remember that cholesterol is only one piece of the heart-disease puzzle. Future studies may find that soy works to fight disease in ways that scientists haven't even thought of yet.

CONTINUED



Your day. Your goals. Your AdvantEdge.

Life moves fast. Be ready, with AdvantEdge Complete Nutrition bars. The balanced nutrition makes every bar perfect for a snack or as part good meal—after all, they're based on science, not fiction. And people love nutrition bars tell us ours taste the best. Can't say we argue. try AdvantEdge Complete Nutrition bars with 13 grams of protein and 21 vitamins and minerals. You'll eat better, you'll feel better. And tomorrow can chase you for a change.

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SWITCH TO SOY?

iced all the time. Here's how a few soy snacks stack up to your old favorites. ealth benefits, many of these products have less fat (and sometimes fewer s. Only you can decide if they measure up in flavor!

	8 ounces	100	3.5 grams	0.5 grams	6 grams
	8 ounces	150	8 grams	5 grams	8 grams
Skim milk	8 ounces	110	0 grams	0 grams	11 grams
Soy yogurt, blueberry	6 ounces	150	2 grams	0 grams	4 grams
Whole-milk yogurt, blueberry	6 ounces	173	6 grams	4 grams	5 grams
Nonfat yogurt, blueberry	6 ounces	100	0 grams	0 grams	8 grams
Salted soy crisps	28 grams (about 25 crisps)	100	2 grams	0 grams	7 grams
Regular potato chips	28 grams (10 to 20 chips)	150	10 grams	3 grams	2 grams
Baked potato chips	28 grams (10 to 20 chips)	110	1.5 grams	0 grams	2 grams
Soy nuts	1 ounce (70 nuts)	120	4 grams	1 gram	12 grams
Cocktail peanuts	1 ounce (35 nuts)	170	14 grams	2 grams	7 grams
Dry-roasted	1 ounce (35 nuts)	160	13 grams	2 grams	7 grams
Soy hot dog	(42 grams)	45	0 grams	0 grams	9 grams
Beef hot dog	dog (45 grams)	140	13 grams	6 grams	5 grams
Turkey hot dog	hot dog (57 grams)	130	10 grams	3 grams	6 grams

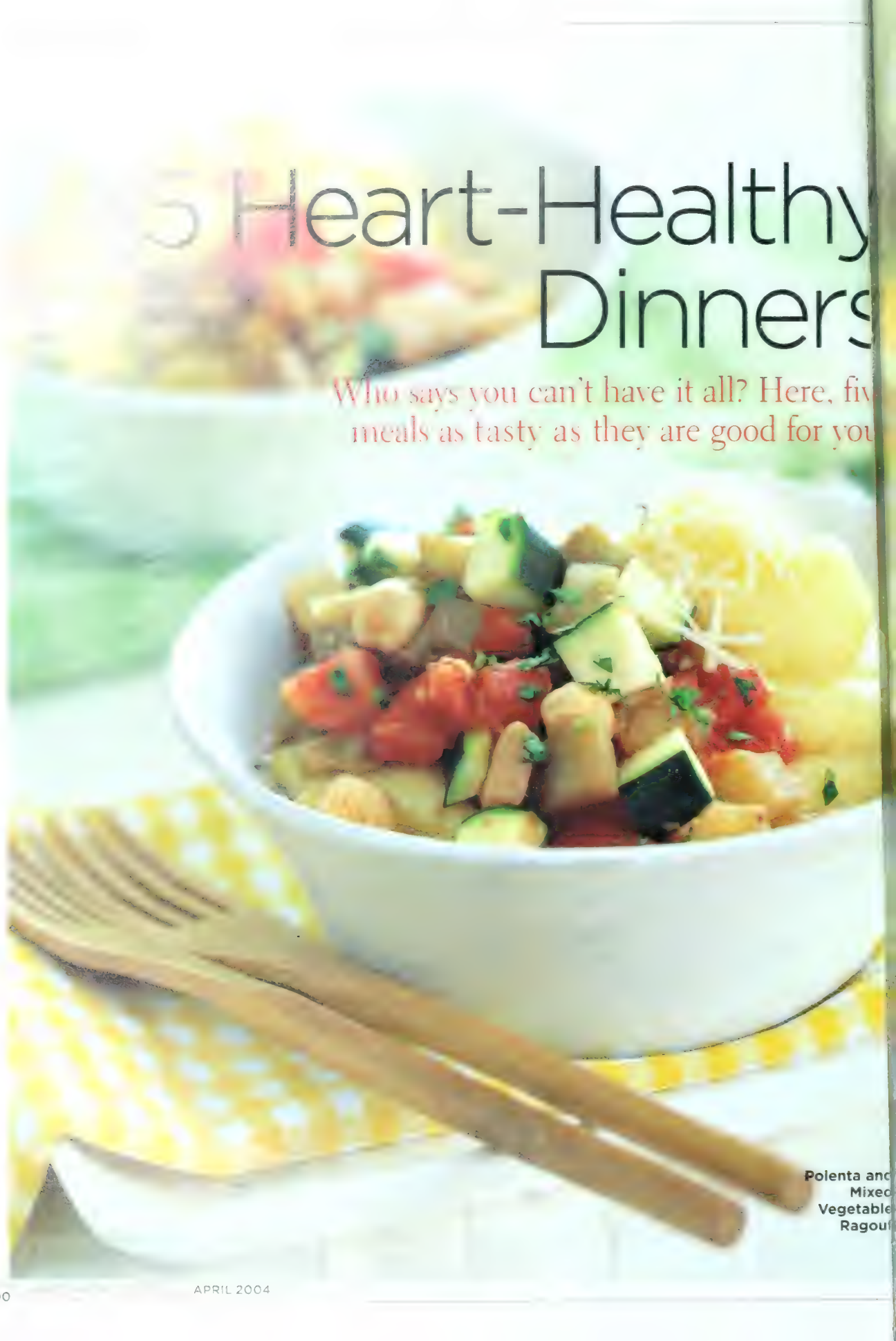
Browse dozens of delicious soy recipes at www.lhj.com/so



Low-carb diets, meet common sense. Morningstar Farms offers 13 lower-fat veggie options, like zesty Tomato & Basil Pizza Burgers, all with 4 grams of net carbs or less. Available in your grocer's freezer.

5 Heart-Healthy Dinners

Who says you can't have it all? Here, fiv
meals as tasty as they are good for you



Polenta and
Mixed
Vegetable
Ragou

food journal

Salmon, Broccoli and Sweet Potatoes in Parchment

PHOTOGRAPHS BY MARK THOMAS
RECIPES BY ANNE BAILEY



Herb-Crusted Chicken With Beets and Carrots

that you
into quarters.

Prep time: 15 minutes
Cooking time: 20 minutes

- ½ cup buttermilk
- teaspoon freshly ground pepper
- ¾ cup cornflake crumbs
- 2 tablespoons olive oil, divided
- ¼ cup chopped fresh cilantro, divided
- ¼ cup chopped fresh basil, divided
- 2 tablespoons dried tarragon
- 4 boneless, skinless chicken breast halves (4 oz. each)
- 1 pound baby carrots, peeled
- ¾ pound beets
- ¼ teaspoon salt, divided

1. Heat oven to 375°F. Lightly spray a rack with nonstick cooking spray and place in a baking pan. In a shallow pie plate combine buttermilk and pepper. In another shallow pie plate combine cornflake crumbs, 1½ teaspoons olive oil, 2 tablespoons each of the cilantro, basil and tarragon. Dip each piece of chicken into buttermilk, then into the cornflake mixture so that both sides are well coated. Arrange chicken on prepared rack and set aside.
2. Toss carrots with 1½ teaspoons olive oil on a jelly-roll pan. Wrap each beet [illegible] Bake vegetables [illegible] Sprinkle chicken with ¼ teaspoon salt, cover and keep warm.
3. [illegible] skins using a paper towel [illegible] quarters if necessary. Toss beets and carrots with remaining olive oil, cilantro, basil and salt and serve with chicken. Makes 4 servings.

Per serving: 350 calories, 9.5 g total fat, 1.5 g saturated fat, 66 mg cholesterol, 579 mg sodium, 35 g carbohydrates, 31 g protein, 78 mg calcium, 3 g fiber

Make it kid friendly: Skip the cilantro and basil. Instead sprinkle grated Parmesan in with the cornflake crumbs.

Second-meal secret: Chicken cutlets make great sandwiches. Try them on multigrain bread topped with arugula and a spread made from a combination of Dijon mustard and fat-free mayonnaise.

PAIR IT WITH: Ecco Domani 2002 Merlot, Italy, $10 The sweet taste and soft texture of the vegetables pair well with this mellow red wine filled with cherry, spice and licorice.

Citrus Tuna With Brown Rice Pilaf

Edamame is the Japanese word for green soybeans. They're a good source of soy protein, which, studies have shown, may help lower LDL ("bad" cholesterol) levels. [illegible] gourmet and health-food stores, either shelled [illegible] will yield the one cup shelled beans [illegible] for this recipe.

Prep time: 15 minutes
Cooking time: about 30 minutes

- 1 cup precooked parboiled brown rice
- 1 cup shelled edamame beans
- 2 cups reduced-sodium chicken broth, divided
- 2 tablespoons olive oil, divided
- 1 cup chopped onions
- 1 pound mushrooms, chopped
- 1 teaspoon chopped fresh thyme
- ½ teaspoon freshly ground pepper, divided
- 4 tuna steaks (4 oz. each)
- ¼ teaspoon salt
- 1 shallot, minced
- ¾ cup dry white wine
- ¼ teaspoon grated orange peel
- 1 tablespoon orange juice

1. In a large saucepan over high heat, stir together rice and edamame beans; add 1½ cups broth and bring to a boil. Reduce heat to medium and cook until liquid is absorbed, 10 minutes.
2. Meanwhile, in a large skillet heat 1 tablespoon olive oil over medium heat. Add onions and cook, stirring often until onions begin to turn translucent, about 5 minutes. Add mushrooms, thyme and ¼ teaspoon pepper and cook, stirring often until mushrooms release their liquid, 3 minutes more. Stir into rice, cover and keep warm.
3. Sprinkle tuna with salt and remaining pepper. Heat remaining olive oil in skillet over medium heat; add tuna and cook 3 minutes on one side. Turn and cook until almost cooked through, 1 to 2 minutes more for medium-rare. Transfer tuna to a platter; cover and keep warm.
4. Add shallot to skillet; cook 1 minute at medium heat. Increase heat to high, stir in wine and remaining broth and cook until sauce is reduced to ½ cup. Add orange peel and orange juice, and cook 1 minute more. Stir CONTINUED

...row some fun at your house!

...orate Spring
your kids and
...BLES Cupcakes.

...(1/2 stick)
or margarine
(10-1/2 oz.) JET-PUFFED
...ure Marshmallows
(13 oz.) POST Cocoa
...ity PEBBLES Cereal
...t 8-1/2 cups)
(16 oz.) ready-
...read frosting

...owave
...ed and smooth, stirring after 45

...s cereal mixture firmly into lightly
...sed muffin pans to form 24 "cu
...ove from pans

...ead with frosting before serving
...orate as desired. Store unfrosted
...cakes wrapped, in cool dry
...es 24 servings; 1 "cupcake

...more recipes at www.







award-winning Watkins double-strength vanilla, 6 ounces of pure ground cinnamon, 12.7 ounces of grapeseed oil, 2 ounces of imitation butter extract, and 2 ounces of imitation almond extract. The price of the pack is $34.99, plus shipping handling, and applicable sales tax.

To Order, call Watkins toll free at 866/801-6435. Specify 04903.



the juice that has accumulated om the fish. Pour sauce over fish. erve immediately with rice. Makes 4 rvings.

er serving: 425 calories, 16 g total fat, g saturated fat, 43 mg cholesterol, 451 g sodium, 33 g carbohydrates, 38 g otein, 21 mg calcium, 6 g fiber

ake it kid friendly: Cook some of ne rice without vegetables, and boil a atch of edamame in their pods. erve the edamame the way many apanese restaurants do—in a bowl.



Citrus Tuna With Brown Rice Pilaf

sprinkled with salt. Kids will love to pop open the pods and see the beans nestled inside.

Second-meal secret: You can make an Asian-style stir fry with the rice pilaf by tossing in a few drops of sesame oil and red pepper flakes. Serve as a side dish with your next meal.

PAIR IT WITH: Talus 2001 Pinot Noir, California, $8 This light, yet robust red is filled with cherry flavors and adds an acidic zip to the heartiness of the earthy mushrooms and the brown rice.

Garlic and Rosemary Cornish Game Hens With Spinach and Tomatoes

Garlic, a key ingredient to the spice mixture, contains a chemical called allicin that researchers believe may discourage the development of artery-hardening plaque. If you have time, rub the seasonings on the birds the night before so the herbs and spices have a chance to meld, creating a more intense flavor.

Prep time: 20 minutes
Cooking time: 45 minutes

- 2 teaspoons chopped fresh rosemary
- 3 garlic cloves, pressed, divided
- 2 teaspoons mustard
- 1 tablespoon plus 2 teaspoons olive oil, divided
- ½ teaspoon paprika
- ¼ teaspoon salt, divided
- 4 Cornish game hens (about 1 lb. each)
- ¼ teaspoon grated lemon peel
- ½ teaspoon fresh lemon juice
- 2 tablespoons chopped fresh basil
- ⅛ teaspoon freshly ground pepper
- 8 plum tomatoes, sliced
- 1 pound baby spinach
- ¼ cup reduced-sodium chicken broth

1. Heat oven to 400°F. Lightly oil a large, shallow roasting pan. In a small bowl combine rosemary, 2 cloves of the pressed garlic, mustard, 2 teaspoons olive oil, paprika and ⅛ teaspoon salt. Rinse and pat hens dry. Rub the rosemary mixture inside and outside each bird. Arrange on prepared pan.
2. Combine remaining olive oil, lemon peel, lemon juice, basil, pepper, and remaining garlic in a large bowl. Toss tomatoes in mixture then place in a single layer on a lightly greased jelly-roll pan. Roast tomatoes on lower rack and hens on the rack above them until hens are cooked through and juices in thigh run clear when pricked with a fork, about 45 minutes.
3. During the last 5 minutes of roasting, wash and drain spinach. Bring broth to a simmer in a large skillet over medium heat. Add spinach, cover and cook 2 minutes. Remove from heat and let stand, covered, 2 minutes.

CONTINUED

Jimmy Dean's Recipe for a Lazy Sunday

(AND SAUSAGE AND EGG BREAKFAST PIZZA)

- *1 pkg. Regular Flavor Jimmy Dean Pork Sausage*
- *1 can (8.5 oz.) refrigerated crescent rolls*
- *1 cup frozen hash brown potato cubes, thawed*
- *4 oz. (1 cup) shredded sharp Cheddar cheese*
- *3 eggs, lightly beaten*
- *3 tbsp. milk*
- *½ teaspoon salt*
- *1 teaspoon black pepper*
- *3 tbsp. each diced red and yellow pepper (optional)*
- *¼ cup thinly sliced green onions (optional)*
- *2 tbsp. grated Parmesan cheese*

Unplug clock, sleep in and put on **loose-fitting sweats** (that's what Sundays are for). Make sure **recliner**, **phone** and **remote** are all in same location. It's important to move as little as possible. Preheat oven to 375° F. In large skillet, cook **sausage** over medium-high heat, stirring frequently until no longer pink. Separate **rolls** into eight triangles. Place in ungreased 12" rimmed pizza pan with points toward the center. Press together, seal perforations and form a circle 1" larger in diameter than pan bottom. Turn edges under to make a slight rim. Sprinkle cooked sausage over crust. Top with **potatoes.** Add **peppers** and/or **green onions** if desired. Sprinkle with **Cheddar cheese**. Stir **eggs**, **milk**, **salt** and **pepper** in small bowl; pour evenly over pizza. Sprinkle with **Parmesan**. Bake 20 minutes or until eggs are set and crust is golden. Flop onto **couch** and grab **newspaper**. That way you can pretend you're not really watching the **cartoons**.

Jimmy Dean REGULAR

LOOK FOR MORE SAUSAGE RECIPES AT WWW.JIMMYDEAN.COM

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Goldilocks & the Three Bears
A Classic



Same Story







Deep Dish Pizza Casserole

Tonight discover three ideas that make the most of one already great thing–like irresistibly cream Velveeta® Shells and Cheese. There are three delicious ideas on the back of every box and each di takes less than 30 minutes. This one's just right.

Three Ideas. One Box. KRAFT Cooking! That's Kraft Cooking.

nove cover, and drain any excess iid. Serve with hens and natoes. Makes 4 servings.

serving: 350 calories, 11 g total fat, g saturated fat, 193 mg cholesterol, 2 mg sodium, 18 g carbohydrates, g protein, 120 mg calcium, 8 g fiber

ake it kid friendly: Prep some of the ns with just the olive oil, mustard and t, then serve sliced with diced natoes over cooked cheese ravioli.

econd-meal secret: Make burritos using two forks to shred the meat om the birds and reheating it along ith the spinach and tomatoes in the icrowave. Wrap sautéed chopped nions, canned black beans, fat-free our cream and reduced-fat cheese side 10-inch flour tortillas.

AIR IT WITH: Covey Run 2002 Fumé lanc, Washington State, $9 This crisp. ry white wine balances out the emony flavors of the hens and oven-oasted tomatoes.

Polenta and Mixed Vegetable Ragout

A diet rich in high-fiber meals, like this me, not only reduces cholesterol, but may help keep your blood pressure in check, thus reducing heart-attack risk. Try not to let the polenta sit more than five minutes; it will start to thicken and dry out. If this happens, simply stir in a little extra hot chicken or vegetable broth to loosen it up.

Prep time: 20 minutes
Cooking time: about 30 minutes

Vegetable Ragout:

- 1 tablespoon olive oil
- 1 cup chopped onions
- 2 garlic cloves, pressed
- 1 medium eggplant, peeled and cubed (about 6 cups)
- 1 medium zucchini, cubed
- 2 cans (14½ oz. each) diced tomatoes
- 1 can (15 oz.) chickpeas, drained and rinsed
- 1 cup water
- ¼ cup chopped fresh basil
- ½ teaspoon chopped fresh oregano
- ¼ teaspoon salt
- ⅛ teaspoon freshly ground pepper

Polenta:

- 1 can (14½ oz.) reduced-sodium chicken broth
- 1¼ cups water
- 1 cup yellow cornmeal
- 1 tablespoon freshly grated Parmesan cheese, plus more for garnish

1. *Make vegetable ragout.* Heat oil in a large saucepan over medium heat. Add onion and cook, stirring often until edges begin to brown, about 4 to 5 minutes. Stir in garlic and cook 1 minute. Add eggplant and cook, stirring until lightly browned, 3 minutes. Add zucchini and cook 5 minutes more. Stir in tomatoes, chickpeas, water, basil, oregano, salt and pepper. Increase heat to high and cook 15 minutes more (if sauce looks like it's getting too thick, cover).
2. *Meanwhile, make polenta.* In a medium saucepan, bring the broth and water to a boil over high heat. Reduce heat to medium and gradually sprinkle in the cornmeal, whisking constantly to prevent lumps from forming. Simmer for about 15 minutes, stirring often, until very thick. Stir in Parmesan cheese. Spoon polenta into shallow bowls and top with vegetable ragout. Sprinkle with additional Parmesan cheese, if desired. Makes 4 servings.

Per serving: 340 calories, 7 g total fat, 1 g saturated fat, 1 mg cholesterol, 838 mg sodium, 60 g carbohydrates, 13 g protein, 168 mg calcium, 9 g fiber

Make it kid friendly: Add some vegetable or chicken broth to the ragout to make a hearty vegetable soup. For extra fun, toss in some alphabet noodles, too.

Second-meal secret: The vegetable ragout makes a tasty pasta sauce. Try it with fettuccine or ziti, cooked according to package directions

PAIR IT WITH: Turning Leaf 2002 Monterey County Riesling, California, $8 The honeysuckle, pear and lemon notes of this white wine enhance the freshness of the vegetables, basil and oregano in the sauce.

CONTINUED

Three Ideas
Velveeta
Original
Mac Pack
PREP: 5 MIN. COOK: 15 MIN
Cheese Dinner
PREPARE Dinner as directed on
ADD 1 4 cup OSCAR MAYER Real Bacon Bits and 1 chopped tomato along with Cheese Sauce. Stir ingredients until well blended.
PREP: 5 MIN. COOK: 20 MIN
1 lb. ground beef
3 4 cup milk
1 3 cup ketchup
Cheese Dinner
1 medium tomato, chopped (optional)
1 4 cup green onion slices (optional)
1 BROWN meat in skillet; drain.
2 ADD 1-1 4 cups water, milk and ketchup. Bring to a boil. Stir in Shell Macaroni; return to boil. Reduce heat to medium-low; cover. Simmer 10 minutes or until macaroni is tender.
3 ADD Cheese Sauce, tomato and onions; stir until well blended.
MAKES 4 SERVINGS
PREP: 10 MIN. COOK: 20 MIN
Cheese Dinner
1 lb. ground beef
1 medium green pepper, chopped
1 small onion, chopped
1 2 cup KRAFT Shredded Low-Moisture Part-Skim Mozzarella Cheese
1 PREPARE Dinner as directed on package. Meanwhile, brown meat with green pepper and onion in skillet; drain. Stir in pizza sauce.
2 SPOON prepared Dinner into 2-quart baking dish; top with meat mixture. Sprinkle with cheese. Cover.
BAKE
heated through. MAKES 4 SERVINGS
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Creamy Strawberry-Lemon Squares

Prep: 15 minutes plus refrigerating

1-1/2 cups HONEY MAID Honey Grahams or finely crushed NABISCO® Grahams
1/2 cup sugar, divided
6 Tbsp. butter or margarine, softened
2 pkg. (8 oz. each) PHILADELPHIA Cream Cheese, softened
3 cups milk, divided
2 pkg. (4-serving size each) JELL-O® Lemon Flavor Instant Pudding & Pie Filling
1 tub (8 oz.) COOL WHIP® Strawberry Whipped Topping, thawed

MIX graham crumbs, 1/4 cup sugar and butter until blended. Press onto bottom of 13x9-inch baking pan.

BEAT cream cheese, 1/4 cup sugar and 1/4 cup milk until blended. Spread over crust.

POUR 2-3/4 cups milk into large bowl. Add pudding mixes. Blend well. Pour over cream cheese layer. Let stand 5 minutes or until thickened. Cover with whipped topping. Refrigerate 4 hours or overnight.

Makes 24 servings, 1 square each.

Cool Whip
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Salmon Broccoli and Sweet Potato Entrement

nutrients—in this case, heart-healthy Omega-3 fatty acids in the salmon, calcium [illegible] potatoes.

Prep time: 45 minutes
Cooking time: 10 minutes

- 1 pound skinless salmon fillet, cut into 4 pieces
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground pepper
- 2 cans (14 1/2 oz. each) reduced-sodium chicken broth
- 1 pound sweet potatoes (about 2 medium), peeled and cut into matchsticks
- 2 cups broccoli florets
- 3 tablespoons chopped fresh parsley
- 3 tablespoons chopped fresh cilantro
- 2 teaspoons grated lemon peel
- 1/2 teaspoon dried thyme
- 1 large garlic clove, pressed

1. Sprinkle salmon on both sides with salt and pepper. Set aside.
2. Heat oven to 425°F. In a medium saucepan bring broth to a boil over high heat. Add sweet potatoes and cook 1 minute. Add broccoli and cook 2 minutes more. Drain.
3. Fold 2 sheets of parchment paper in half and then in half again. Starting at the folded edge, cut each paper into a half-heart shape. Unfold so that you end up with 4 paper hearts. Lightly brush both sides of the paper with olive oil. Place 1/4 of the vegetables on half of one paper heart. Place a salmon fillet on top of vegetables. Combine the parsley, cilantro, lemon peel, thyme and garlic in a cup, then sprinkle 1/4 of this mixture over the salmon and vegetables. Fold the top of the heart over the fish and vegetables. Starting [illegible] and fold the edges to tightly seal. Place on a baking sheet lightly coated with nonstick cooking spray. Repeat with remaining parchment paper, vegetables, salmon and herbs so you end up with 4 packages on the baking sheet. Bake 1 minutes or until the paper is puffy an browned. Carefully cut open each package with the tip of a sharp knife, releasing the steam. Transfer contents to a plate. Makes 4 servings.

Per serving: 335 calories, 12.5 g total fat, 2.5 g saturated fat, 67 mg cholesterol,

Garlic and Rosemary Cornish Game Hens With Spinach and Tomatoes



654 mg sodium, 24 g carbohydrates, 29 g protein, 76 mg calcium, 4 g fiber

Make it kid friendly: Wrap up some parchment packets without the broccoli or herb and lemon mixture; then serve some celery sticks on the side.

Second-meal secret: For a light seafood salad, break up pieces of salmon and toss with broccoli and chopped Romaine lettuce in a dressing made with extra-virgin olive oil, red wine vinegar and some Dijon mustard.

PAIR IT WITH: **Blackstone Winery 2002 Monterey County Chardonnay, California, $11** This smooth white, with a light accent of oak, stands up to the buttery rich flavor of the salmon.

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THE MENU

Swiss Fondue

Court Bouillon

Lemon-Ginger, Horseradish, and Zesty Curry Dipping Sauces

Classic Chocolate Fondue

DO YOU FONDUE?

PHOTOGRAPHS BY WILLIAM GEDDES

RECIPES BY ANNE BAILEY

After its initial debut on the American food scene in the 1960s, fondue is back! Americans have moved the one-pot trend off the back burner and to the forefront of the entertaining scene. And for good reason: Fondue is fun.

Swiss peasants invented fondue as a way to use bread and old bits of cheese (fondue means "melted" in French). Today's traditional Swiss fondue uses a combination of melted Emmentaler and Gruyère cheeses, into which cubes of baguette are dipped. Fondue is a great choice for dinner parties where you want your guests to get to know one another—eating it is an interactive experience. Indeed, the meal itself is the entertainment.

Adding to fondue's charm, throwing a do-it-yourself dipping party at home is super-easy. If you don't have a fondue pot, you can buy one at most kitchen supply stores. (Fondue pots range in price from $20 to $100 or more; the cheaper ones are perfectly serviceable, but usually smaller and lighter in weight than the pricier brands.) If you're serving more than one kind of fondue, you'll need a pot for each special sauce, unless you opt to wash a pot between courses.

CONTINUED

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For the party featured here, the main course is cubed steak and mushrooms cooked in a court bouillon (a broth seasoned with herbs and various vegetables, see recipe page 214). Once each item is cooked, dip it into one of a variety of sauces—lemon-ginger, horseradish, curry (see recipes page 214) or whatever strikes your fancy.

Of course, you can't have a fondue party without serving chocolate fondue with all the trimmings for dessert. Let your imagination go wild; serve it with cubes of pound cake, marshmallows, strawberries, pineapple chunks or banana slices. A bowl of whipped cream and chopped nuts are delicious ways to top off each delectable bite.

You'll probably never again have such license to play with your food, so dip in and enjoy.

Fondue Fine Points

Bob Johnston, president of The Melting Pot Restaurants, the nation's largest fondue-restaurant chain, shares his tips and tricks for a perfect do-it-yourself dipping party.

- Limit the number of people per pot t[illegible] for each guest to [illegible] reaching.
- [illegible] as the fondue forks are carried from pot to plate or mouth
- [illegible]r fork as [illegible]n the ends. A [illegible]que. It's que[illegible]
- keep tr[illegible]



A simple green salad is a refreshing option to serve with a rich meal (left). To make passing food easy, serve dippable items in individual bowls (above).

Swiss Fondue

These traditional Swiss cheeses are a classic combination for fondue because they melt so smoothly. Be sure to swirl the cheese mixture with a fork a few times during the party to prevent it from separating from the wine.

Prep time: 15 minutes
Cooking time: about 10 minutes

- 1 cup dry white wine, divided
- 1 teaspoon fresh lemon juice
- 1 small garlic clove, pressed
- 2 cups grated Gruyère cheese
- 2 cups grated Emmentaler cheese
- 1 teaspoon cornstarch

1. Combine ¾ cup wine, lemon juice and garlic in a medium, heavy-bottomed saucepan over medium heat until bubbling. Reduce heat to low and gradually stir in cheeses, then continue to cook until cheeses melt, stirring frequently.

2. In a small bowl, blend cornstarch with remaining wine with a wire whisk until smooth. Stir into cheese mixture and continue to cook, stirring frequently, until mixture is thick, smooth and bubbling gently, 2 to 3 minutes more. Carefully transfer the mixture to a fondue pot, and keep warm over a fondue burner. Serve immediately with dipping ingredients of your choice. Makes 6 servings.

CONTINUED

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Only Barilla Lasagne is flat-rolled in the homemade Italian tradition.

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Prep time: 15 minutes
Cooking time: about 35 minutes

- 2 cans (14½ oz. each) beef broth
- ½ cup chopped onions
- ½ cup chopped celery
- ¼ cup chopped leeks, white part only
- ¼ cup chopped carrots
- 2 sprigs fresh thyme
- 1 tablespoon fresh lemon juice

Salt and freshly ground pepper

1. In a large saucepan, heat the broth, [illegible] over medium heat. Bring to a boil, then [illegible] uncovered, until all the vegetables are [illegible] about 20 minutes.
2. Stir in lemon juice and simmer 10 minutes more. Strain mixture into a fondue pot and keep warm over a fondue burner. Season to taste with salt and pepper. Serve immediately with dipping ingredients of your choice. Makes 6 servings.

Per serving: 20 calories, .5 g total fat, 0 g saturated fat, 0 mg cholesterol, 640 mg sodium, 2 g carbohydrates, 1 g protein, 6 mg calcium, 0 g fiber

This [illegible] ahead and is perfect for beef and vegetables.

Prep time: 5 minutes

Cooking time: about 5 minutes

- ¾ cup soy sauce
- ⅓ cup firmly packed brown sugar
- 1 tablespoon fresh lemon juice
- 1 tablespoon orange juice
- ¾ teaspoon ground ginger

Combine all ingredients in a small saucepan and bring to a boil, stirring until the sugar is dissolved. This sauce can be served hot or cold. Makes about 1 cup.

Per serving (1 teaspoon): 10 calories, 0 g total fat, 0 g saturated fat, 0 mg cholesterol, 258 mg sodium, 2 g carbohydrates, 0 g protein, 2 mg calcium, 0 g fiber

Dipping Sauce

Because bottled horseradish tends to be runny, squeeze it through cheesecloth to remove as much vinegar as you can before mixing it with the other ingredients.

Total prep time: about 5 minutes

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2 tablespoons horseradish
¼ cup sour cream
1 tablespoon finely chopped onion
1 teaspoon mustard
¼ teaspoon caraway seeds
⅛ teaspoon salt

ombine all ingredients in a small owl, and stir to combine. Chill until ady to use. Makes about ¾ cup.

r serving (1 teaspoon): 10 calories, 1 g tal fat, .5 g saturated fat, 2 mg olesterol, 15 mg sodium, 0 g carbohy- ates, 0 g protein, 6 mg calcium, 0 g fiber

esty Curry Dipping Sauce

urry is an intense spice. If you prefer a stier flavor, omit the curry and stir in an additional teaspoon of lemon juice.

otal prep time: about 10 minutes

¾ cup mayonnaise
⅓ cup sour cream
2 tablespoons minced shallots
2 teaspoons dried tarragon
2 teaspoons fresh lemon juice
¼ teaspoon salt
¼ teaspoon freshly ground pepper
¼ teaspoon curry powder

Combine all ingredients in a small bowl and stir to combine. Chill until ready to use. Makes 1 ¼ cups.

Per serving (1 teaspoon): 25 calories, 2.5 g total fat, .5 g saturated fat, 2 mg cholesterol, 26 mg sodium, 0 g carbohydrates, 0 g protein, 3 mg calcium, 0 g fiber

Classic Chocolate Fo

We used apricot brandy for an extra touch of flavor, but raspberry liqueur is also tasty. This chocolate fondue is not too sweet, making it a sophisticated finish to the meal.

Prep time: 5 minutes
Cooking time: about 5 minutes, plus standing

¾ cup heavy cream
12 ounces good quality sweet chocolate, finely chopped
up apricot brandy
2 tablespoons light corn syrup

a medium saucepan, heat the cream until very hot. Remove from and add the chocolate and let stand minutes, 2 minutes. Whisk in the brandy and corn syrup until smooth.
2. Transfer mixture to a fondue pot and keep warm over a fondue burner. Serve with the dipping ingredients of your choice. Makes 4 to 6 servings.

Per serving: 425 calories, 31 g total fat, 17.5 g saturated fat, 41 mg cholesterol, 20 mg sodium, 41 g carbohydrates, 5 g protein, 46 mg calcium, 1 g fiber

Want more fondue recipes? Search for "fondue" at: www.lhj.com/recipecenter

Four Easy Hillshire Farm Dinners

START WITH	ADD	END WITH
2 Tbls. butter ag frozen O'Brien potatoes ag frozen mixed vegetables	1 pkg. Hillshire Farm Polska Kielbasa, sliced	½ tsp. seasoned salt ¼ cup Parmesan cheese
1 Tbls. butter ag refrig potatoes & onions green pepper, chopped	1 pkg. Hillshire Farm Beef Hot Links, sliced *Cook 2-4 minutes or until thoroughly heated*	½ cup barbecue sauce
ox cooked rotini pasta broccoli coleslaw, chopped cup cherry tomatoes low or green pepper, chopped	1 pkg. Hillshire Farm CheddarWurst, diced	½ cup honey mustard salad dressing
1 12 inch pizza crust cup Dijon-mayonnaise	½ pkg. Hillshire Farm Smoked Sausage, diced	1 cup shredded Swiss cheese ¼ cup green pepper, chopped ¼ cup green onion, chopped



r time.

t place you want to spend time during the summer is in your . So your first thought for dinner should be Hillshire Farm d Sausage. It's quick. It's easy. And, with lean cuts of meat, rs, and just the right spices, it has that home-cooked taste amily craves.

Chocolate-Peanut Butter Pie

er calories, but still pure decadence any way you slice it



My fiancé's favorite food combo is peanut butter and chocolate, so I created this pie recipe just for him. He thinks it's the best dessert he has ever had and loves everything but the calories! Can you do anything to make it less fattening?

LINDA RIGGERT, BEULAH, WYOMING

Our Healthy Makeover

Linda's recipe is a deliciously sinful combination of two high-fat faves, chocolate and peanut butter. We lightened it by reducing the amount of chocolate wafers and butter in the crust as well as the sugar and cream in the filling. We also used a low-fat variety of sweetened condensed milk (see changed ingredients highlighted below). Without sacrificing the creaminess, our fixes intensify the flavors and save 165 calories and 16 grams of fat per slice. Most of our tasters couldn't tell the difference between the two pies–both were "rich" and "fluffy." One taster even preferred the makeover version, noting that "it didn't leave a weighty taste in my mouth."

Original recipe

Total prep time: 30 minutes, plus standing and chilling

Crust:
- 1 nine-ounce package chocolate wafers, crushed (about 2 cups)
- 2/3 cup unsalted butter, softened

Chocolate Filling:
- 1 1/3 cups semisweet chocolate chips
- 1/4 cup mini marshmallows
- 1/2 cup sweetened condensed milk
- 1/4 teaspoon vanilla extract
- 1 cup heavy cream

Peanut Butter Filling:
- 1/2 cup sweetened condensed milk
- 1/2 cup crunchy peanut butter
- [illegible]
- 1/4 cup sugar

Per serving: 870 calories, 61.5 g total fat, 33 g saturated fat, 136 mg cholesterol, 497 mg sodium, 77 g carbohydrates, 12 g protein, 177 mg calcium, 4 g fiber

Makeover

Total prep time: 30 minutes, plus standing and chilling

Crust:
- 1 1/2 cups crushed chocolate wafers
- 1/3 cup unsalted butter, softened

Chocolate Filling:
- 1 1/3 cups semisweet chocolate chips
- 3/4 cup mini marshmallows
- 1/2 cup low-fat sweetened condensed milk
- 1/4 teaspoon vanilla extract
- 3/4 cup heavy cream

Peanut Butter Filling:
- 1/2 cup low-fat sweetened condensed milk
- 1/2 cup crunchy peanut butter
- 3/4 cup heavy cream, chilled
- 2 tablespoons sugar

1. *Make crust.* In a food processor, blend chocolate wafers and butter. Press into a 10-inch glass pie plate. Refrigerate at least 45 minutes.

2. *Make chocolate filling.* In a medium saucepan over low heat, stir chocolate chips, marshmallows and milk until smooth. Transfer mixture to a bowl, stir in vanilla extract and let cool. Beat in heavy cream with an electric mixer until blended. Refrigerate 1 hour.

3. *Make peanut butter filling.* In a medium saucepan over low heat, melt milk and peanut butter, mixing well. Let cool. Whip cream and sugar with an electric mixer until almost stiff. Refrigerate 1/2 cup of the whipped cream. Fold remaining whipped cream into peanut butter mixture, then spread evenly into crust. Refrigerate until set.

4. Beat chocolate filling with an electric mixer on high speed until almost stiff. Spread over peanut butter filling, wrap and refrigerate 3 hours or overnight. Serve with remaining whipped cream. Makes 8 servings.

Per serving: 705 calories, 45.5 g total fat, 23.5 g saturated fat, 87 mg cholesterol, 357 mg sodium, 70 g carbohydrates, 11 g protein, 154 mg calcium, 3 g fiber

[illegible] Family Recipe Makeovers, Family Circle, 375 Lexington Ave., New York, NY 10017. If your [illegible] we'll pay you $100.



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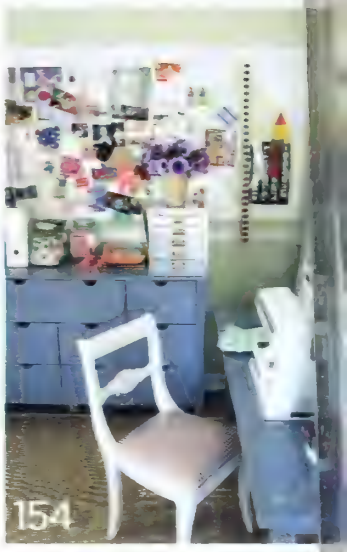
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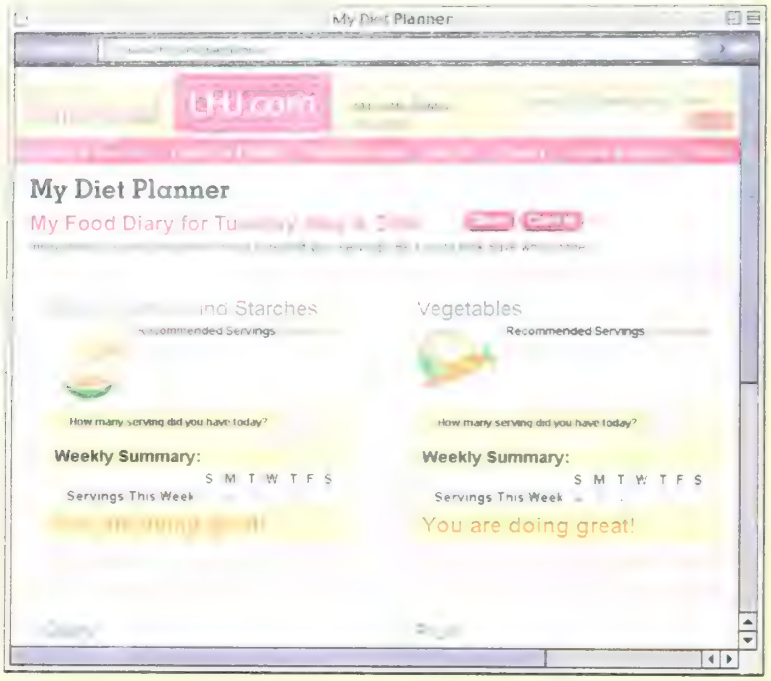
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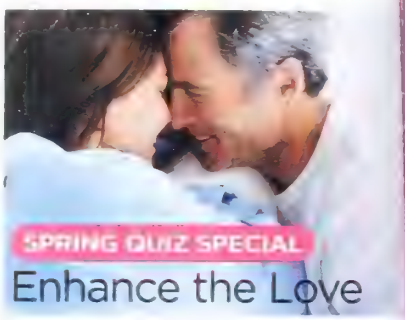
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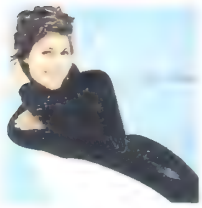
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The lives of mothers today are more interesting and varied than ever before in history, and that's why you'll see that this May issue is packed with touching, fascinating, funny, feel-good stories by and about moms. Here's just some of what you'll find:

- Gerri Hirshey's lump-in-the-throat essay about watching her little girl turn into a teen ("My Daughter, My Self," page 36)
- A profile of a mom who started a support group for other mothers of all boys to help them keep their senses of humor in the face of burping and belching contests ("Escape From Planet Boy," page 40)
- A guide to beauty across the generations by a gorgeous mom and daughter team ("Timeless Beauty," page 88)
- An easy how-to guide on hosting a memorable Mother's Day brunch ("For Mom, With Love," page 196)

And, of course, there is our cover interview with Joan Lunden, who is thoroughly enjoying motherhood, R and Two. After raising three kids, who are now 23, 21 and 16, her baby twins celebrate their first birthday next month. Lunden invited *Ladies' Home Journal* into her home to *ooh* and *ahh* over her little cuties, and to talk about her passion for healthy nutrition for children, which she explores in her new book with Myron Winick, M.D., *Growing Up Healthy: Protecting Your Child From Diseases Now Through Adulthood.* Turn to page 116 for our interview and more baby photos!

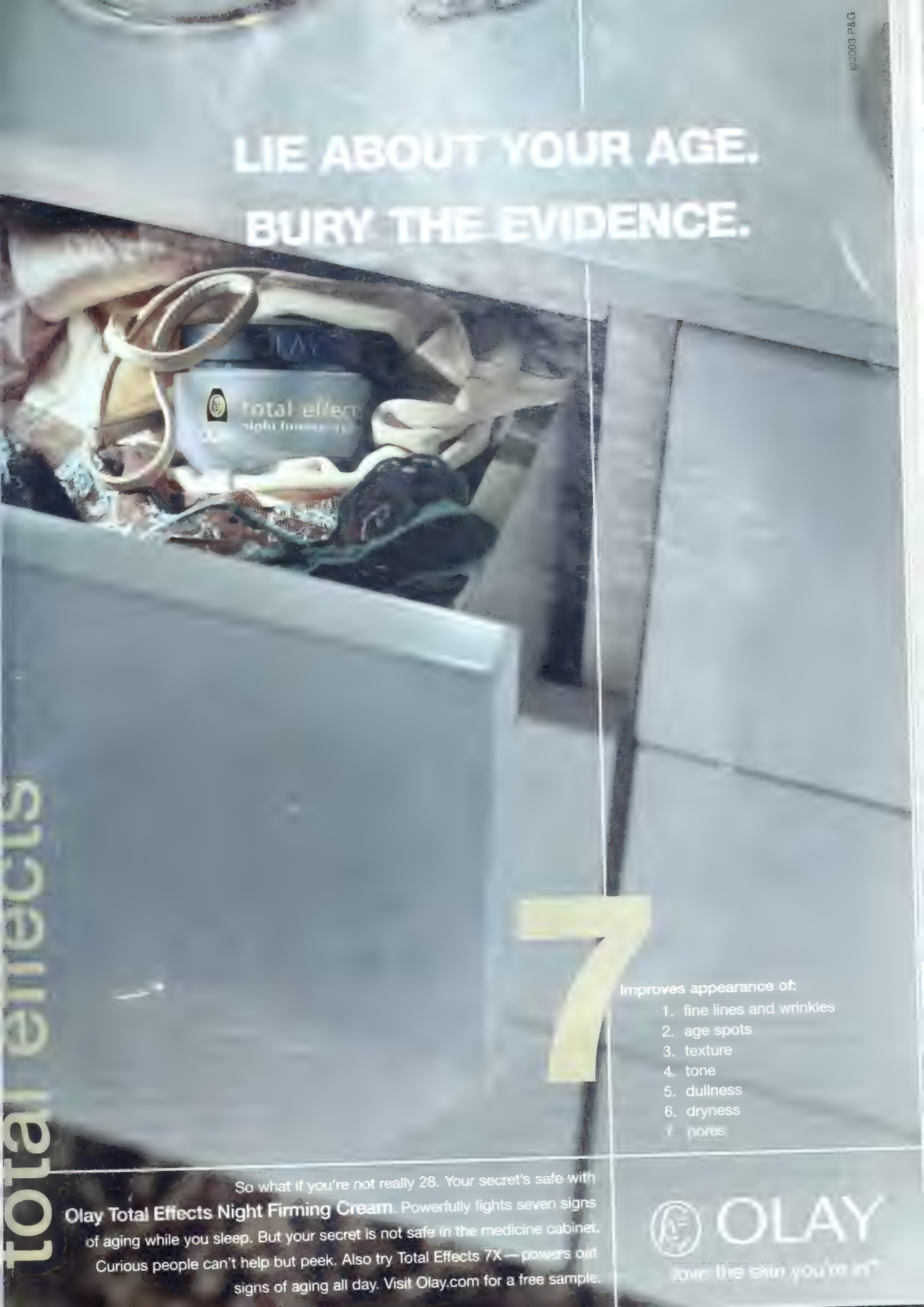
The topic of motherhood is so rich that, in fact, it launched for us the idea for a new feature called "Meditations on My Mother." I invite you to write a literary essay about your mom and what she means to you—whether she is still alive or has passed on, whether your feelings are sweet or sad, ambivalent or clear as water. We'll pay $1,000 for any essay we publish. Send your 1,000-word essay, typed and double-spaced, to "Meditations on My Mother," *Ladies' Home Journal*, 125 Park Ave., 20th Floor, New York, NY 10017-5529.

Diane Salvatore

Diane Salvatore, Editor-in-Chief
lhj.deardiane@meredith.com

Join Our Campaign for Safer Food!

A [illegible] change in America, by publishing [illegible] and social [illegible] them, harnessing the power of its large readership. Some of the causes that the magazine agitated for during the first [illegible] of the 20th century include a campaign against so-called patent medicines (alcohol-laced "cures" sold to the public without any safeguards); instituting environmental protections, including saving Niagara Falls and creating public parks; and championing increased frankness [illegible] to protect young [illegible] exposure to venereal disease. Today, we are proud to return to a tradition that did so much to improve the quality of life for so many Americans. Our editorial this month is "A Growing Health Hazard in Our Food Supply," on page 182. Did you know that imported fruits and vegetables are three times as likely as domestic produce to contain harmful pathogens? Sign our petition to strengthen our inspection process. See page 185, or go to *www.lhj.com/petition*.


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"We Almost Lost Our Daughter—Then Our Marriage"



"This caught a shocking fifth of my marriage to Sean," said Leigh, 28, a former model and stay-at-home mom who's been married to Sean for six years. "Our twins, Stacy and Suzanne, now almost 3, were born prematurely. While Suzanne was healthy, Stacy had weak lungs and severe respiratory problems. That first year, we made five middle-of-the-night runs to the ER because she couldn't breathe and was turning blue. Even though Stacy is out of danger now, I still have nightmares about the baby in the incubator next to her who died while we were at the hospital.

"Sean was very attentive when Stacy's health problems were acute, but for the last year or so, he's been more interested in his work than his family. He's left me with the bulk of the housework and child care. Just having to think of everything that has to be done is exhausting. I don't like having to ask all the time if he could put in a load of laundry or pick up juice at the store. And when he does help out, he acts like he's doing me a big favor. I wish he'd do something—take the girls shopping for new shoes, schedule a doctor's appointment—without waiting for specific instructions.

"I haven't had a full night's sleep in three years. Stacy still has chronic respiratory infections—she sees her pediatrician and an allergist once a month—and she frequently wakes up in the middle of the night screaming. The doctors say she's traumatized from her experiences and that she'll settle down. In the meantime, I have both girls sleeping on futons next to our bed. Naturally, this has all but killed our sex life, which Sean complains about bitterly. I don't love it either, but I'm not going to take the chance I won't hear my daughter if she starts crying, or worse, choking.

"Lately, I've seen a whole new side of Sean. He speaks in a flippant, sarcastic tone, making me feel like an idiot for worrying too much about Stacy. He balks when I set limits that I believe are in my daughters' best interests, such as not allowing them to go to birthday parties or have play dates. I just don't like Stacy to be in places where there are lots of other kids who can make her sicker than she already is. Sean says I'm overreacting, but the fact is that a simple cold often means a hospital stay for Stacy. Recently, we got into an ugly argument because he took the girls for ice cream. Stacy is on a strict

BY MARGERY D. ROSEN



liet–no dairy, wheat or sugar–be-
ause she has a bunch of allergies.
Why is he sabotaging it?

"Sean is a wonderful father, when
ıe wants to be. He owns a computer
graphics company, and he's taken on
extra projects because he's worried
about finances. But that means either
ıe's at the office late, or he's buried
himself in the den with his charts
and graphs. Last week, he came
home from the office early and he
expected, I suppose, to be welcomed
with open arms. Well, I was trying to
make dinner, and I admit I wasn't
particularly charming. Sean went
into the den, and later, when the
girls were fed and bathed, I came in
to talk. But he told me I was inter-
rupting his work. One weekend,
when I assumed we were going to be
doing things as a family, he actually
took off by himself on a four-hour
bike ride!

"I want him to be more involved
with me and the girls. I hardly knew
my own father; he moved to Okla-
homa City after my parents divorced
when I was 5. My two sisters and I
lived with my mother. CONTINUED

York City; ced again be- h school. I ...out stood a ...when I met ...and. Soon after our di- ...ars later, I met Sean at a tennis clinic in Colorado where he worked. It was love at first sight. I ended up staying in Colorado for two ...weeks. When I returned to New York, ...alked every night and I flew to Colorado on weekends. Six months later, we were married. I moved to Denver and we settled into a wonderful life. We both love the outdoors, so we'd ski, mountain bike and hike. We both wanted a family, but I had several miscarriages. When I finally conceived, we were thrilled. Life was perfect. But when the twins were born, everything changed. The big question is, Can we ever get it back?"

...is meant to be," said Sean, 30, who is fit and tan with dark hair and deep brown eyes, "but we're having a very hard time now. Leigh and I used to talk for hours. We could be on a desert island and not need another soul. I know children turn your life upside down, but I feel there's absolutely no room in Leigh's life for me anymore. She's totally wrapped up with the girls.

"Leigh lives in a state of nonstop worry, and her craziness makes me crazy. The doctors have said that while we have to be careful about Stacy, we shouldn't be paranoid. Yes, Stacy still ...asthmatic problems, but they are minor and our life could go back to normal. I [illegible] it. The girls deserve a normal childhood; as parents we need to relax and let them have it. Whenever I try to tell Leigh this, she doesn't ...

word I say. She makes it sound as if I don't care about her or our children. She tells only part of the story. That bike ride that she makes such a big deal about? Once, when I was really stressed, I grabbed my bike and went riding. I love biking and never get to do it anymore. Leigh makes it sound like I abandoned her for the whole weekend.

"It's amazing that she thinks I ignore her because, basically, I feel she's not there for *me*. We never make love anymore and hardly even talk about anything other than the twins. The time I told her she was interrupting, I was really upset because she'd just barked at me for some reason I can't even remember, probably something as ridiculous as how I didn't add the right detergent to the load of whites or criticizing me for how I make dinner when I do manage to cook on the weekends. I don't want to be spoken to like I'm some jerk who can't do anything right.

"I've started to feel so unhappy and lost. What I find really hard to handle is the arguing—we fight all the time. Stacy's ordeal has brought out the worst in us. Usually, fights start over something small that gets blown out of proportion, like Leigh's nasty comments when I took the girls to Dairy Queen or when I suggested they be allowed to go to birthday parties. While I knew that she was trying to keep them off dairy, I didn't think a little ice cream would do any harm. And you know what? It didn't. What can I say? I just want my children to have a normal childhood, to let them hang out with kids in the neighborhood, a... for my wife not to get all bent out ... shape if they sneeze.

"I grew up in Indiana, the third ... nine kids. Although my dad can ... abrasive and critical—I remember a l... of angry outbursts at my mother—w... were all close. I moved to Colorad... for college an... worked at a tenn... clinic on weekend... The day I met Leigh... I mustered the nerv... to ask her to play ter... nis with me in the a... ternoon and tha... began this amazing... whirlwind relation... ship. Back then w... were so incredibly... happy, I feared it was a fairy tale and ... wouldn't last. Now I'm beginning to ... believe I was right."

> "There's absolutely no room for me in my wife's life anymore"

"Many marriages are shaken by the stresses of a child's serious illness," said the counselor. "It's not unusual for basic communication and time alone to be put on hold. The underlying issue with Leigh and Sean was simple: In the face of a youngster's health crisis, how do you care for your child as well as yourselves?

"I pointed out that every person responds differently to a crisis and there is no right formula for coping. It was imperative that they both understood and respected that, and not assume, as Leigh did, that Sean didn't care just because he wasn't reacting the same way she was. What's more, Leigh's continuing anxiety about her daughter's health prevented her from letting Sean relieve her burden as much as he might have. She was unable to step back and let Sean take over everyday duties—making dinner, doing the laundry—without

CONTINUED


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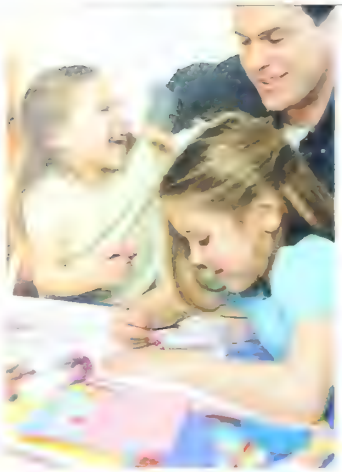
dictating how they should be done. Although she was furious about having [illegible] was too exhausted [illegible] was making a [illegible]

[illegible] emotional woman, [illegible] physically and mentally depleted by her determination to make her daughter well. The fact that she had also witnessed the death of another baby in the intensive care unit had traumatized her, though neither realized how deeply until she burst into sobs recalling the incident. Sean, in turn, responded to his daughter's illness by burying himself in his work.

"Although Sean described his family as close when he was growing up, it became clear that expressing feelings, particularly sad or negative ones, had been routinely discouraged. In counseling, he acknowledged that his father had also been highly critical of his homemaker mother—a pattern he was unwittingly repeating.

"For this couple, talk and time were the healing factors. As they listened to each other, I helped them manage painful feelings and find simple solutions to problems that had them gridlocked. For example, I insisted that Leigh find ways to defuse her own anxiety by eating regular healthy meals and giving herself one hour in the middle of the day to sleep, exercise, meditate or just read a magazine. That meant either napping when the twins did or hiring a babysitter for a few hours.

"I also helped Leigh recognize when she was slipping into self-defeating thought patterns that compounded her stress. Whenever she found herself dwelling on the past when Stacy was [illegible] I urged her to repeat, 'My baby did not die, and there's no indication she's now in danger.' By focusing on what was happening in the present, Leigh put her fears into perspective and felt more comfortable making play dates and signing the girls up for community gym and art classes. Recently, the girls began to sleep in their own room—something they, and their parents, were excited about.



Leigh had to give Sean more credit for what he did for the girls

"Leigh needed to give Sean more credit for what he did for the girls or around the house, and to tell him, non-judgmentally, when she needed him to pitch in. As the tension eased, she was able to do that, and now he frequently does the dishes or the laundry without being asked.

"We also spent several sessions helping Sean lower his stress level so he didn't snap at Leigh or feel the need to distance himself. 'Don't let favorite pastimes get edged out by work and family demands,' I told him. Sean now meets two friends at 5 A.M. three days a week to ride his bike into the mountains. He also takes a few minutes to sit quietly in the car and meditate, or simply close his eyes for five minutes, before going inside the house after work.

"Focused now on making their marriage a priority, the couple religiously reserve one night a week for a date, and they set aside half an hour every day to talk about anything other than the children. 'I also call Leigh in the middle of the day just to say hi,' Sean reported. 'I think about her all the time, but she never knew that. Now she does.'

"By the time th[illegible] ended counselin[illegible] Leigh and Sean we[illegible] quicker to recogni[illegible] problems and resol[illegible] issues before the[illegible] mushroomed. Bas[illegible] rules for conflic[illegible] resolution—such a[illegible] tabling volatile topic[illegible] until they both fel[illegible] calm enough t[illegible] discuss them—also[illegible] helped. Recently, [illegible] received a call fron[illegible] Leigh. It was around[illegible] 3 P.M., and she was[illegible] at home resting be[illegible] cause she was once[illegible] again pregnant with[illegible] twins—this time, boys. When I called[illegible] to congratulate her, she sounded[illegible] ecstatic: 'I feel great—physically and[illegible] emotionally—because Sean and I are[illegible] finally on the same page.'"

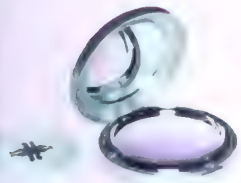


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With whom do you sympathize more, Sean or Leigh? Share your thoughts on our marriage message board: www.lhj.com/talkmarriage

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He Didn't Know How to Listen to Her



Jim and Cheryl now work to give each other their undivided attention

After eight years of marriage, Jim didn't seem to care that Cheryl was bored and lonely. How could she get him to take her—and their marriage—seriously?

BY SONDRA FORSYTH

ey, and we had a nice house." Cheryl's mood didn't improve when their son, Clint, was [illegible] *"Jim was more focused on his job than his family," said Cheryl. Things went from bad to worse seven years later when her second pregnancy required five months of bed rest. "I couldn't go to work," said Cheryl. "I was bored and lonely. But Jim wasn't supportive at all. He even went off on a trip abroad that we had planned together and left me at home!" Cheryl waited until after she gave birth to their son, Wyatt, and then issued an ultimatum: "I told Jim he could either meet me at* [illegible] *ffice or at the divorce lawyer's* [illegible] *tantly agreed to go to coun-* [illegible] *l Hester, Ph.D., a pas-* [illegible] *. We recently* [illegible] *heryl, 51, and Jim, 50, to*

could have been: [illegible] *reason to be unhappy."* [illegible] *ing to have a baby, I was*

Jim: Dr. Hester helped m realize that I have "an anten na problem." I don't pick up on Cheryl's emotiona needs. I have to pay more attention to what she says.

Cheryl: Jim is so thoughtful and romantic now. Every an niversary he takes me away for a long weekend—we're like honeymooners again!

Jim: And every night we spend at least a few minutes alone together sharing thoughts and telling each other about our day.

Cheryl: He unplugs the phone, turns off the computer, and I get his undivided attention. Last January during one of those talks, I told him I was sad he was going to Las Vegas alone for the international Shot Show. [Jim's an expert marksman.]

Jim: Before counseling, I wouldn't have heard how upset Cheryl was. But this time I asked her to brainstorm with me about how we could solve the problem. The Shot Show was over Valentine's weekend, so we decided to go together and renew our vows at the Chapel of the Bells.

Cheryl: I called it our Shotgun Wedding! It was the perfect way to show how much our relationship has grown. We've never been happier.

Need more effective communication in your marriage? For tips, go to: www.lhj.com/marriageadvice

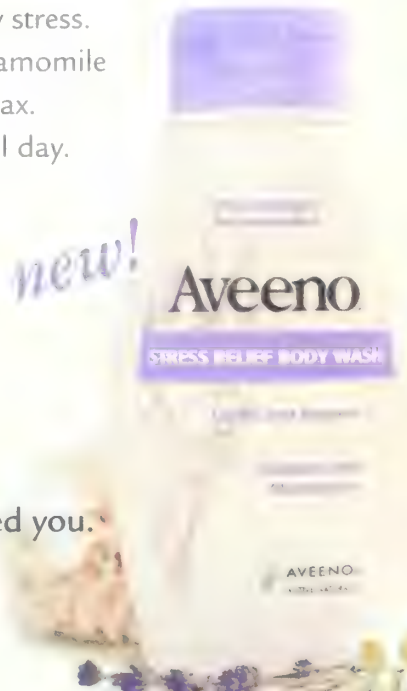


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how they met



"I loved his sense of humor," says Tracy Hume, who read Jared Fiel's column regularly

Finding Mr. Write

A fan of his newspaper column, Tracy Hume fell for her husband-to-be before she even laid eyes on him

In November 1990, Tracy Hume had hit a new low. "I'd been through failure after failure in love," she says. "Then, on top of that, I lost my job in the communications department of a hospital in Sacramento, California, where I was living." Broke and defeated, Tracy, 30, called her mom, who invited her to move back home—to the tiny town of Fort Morgan, Colorado.

Tracy accepted, but had no illusions about the town's boon to her social life. "I figured, Spinsterhood, here I come," she says. "Fort Morgan isn't exactly a mecca for swinging singles. If I couldn't find Mr. Right in Sacramento, how was I supposed to find him in a town of 10,000?"

Her first experiences only confirmed her fears. "A few months after I arrived home, I tentatively joined a rural singles group," she recalls, laughing ruefully. "At the first function—a barbecue—I was horrified to discover that I was the only person at my table without a DWI story to tell."

An avid newspaper reader—and aspiring writer—Tracy always scoured *The Fort Morgan Times* from front to back. So her curiosity was piqued when, in August 1992, the byline Jared Fiel appeared atop a new weekly humor column called "Fiel's Files." The column was accompanied by a photograph of its author. "I got hooked because Jared was so funny," says Tracy, before adding, "and, okay, he was pretty cute, too." But his marital status was a mystery until he penned a column entitled "I Am Single, by Choice." In it, he wrote that he was 23 years old ("a little young," says Tracy, "but in the ballpark"), had lived in California ("like me"), and was new to Colorado. "I was a little put off at the 'by choice' part," she says. "But I loved his sense of humor and was impressed that he was making a living from writing." (In fact, Jared says, the "by choice" wasn't by choice. "I wrote the 'single' column hoping it would get me dates, since I was new in town," he admits. "That headline was added by my editor.")

"I thought about calling and saying 'Hey, I read your column and since we're both single . . . ,'" Tracy says. "But that seemed cheesy, and a little desperate." A week later, Tracy spied the dark-haired. CONTINUED

BY NANCY KALISH


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Alex (left), 6, and Andy, 4, provide plenty of fodder for their dad's newspaper column

Jared shared his new romance with readers, but Tracy "made me cut the embarrassing stuff"

...mmist as he was ...but she still ...to approach him.

Eventually, fate intervened. Shortly after returning to Fort Morgan, Tracy had offered her services as a free-...writer to the *Times* (where she'd ... a teenage intern). One Friday night, the editor called to see if she could cover a high-school football game. The beat, he said, was normally handled by Jared Fiel, who had another game that day. "But he told me to call Jared with any questions," says Tracy. "Finally, a legitimate excuse!"

When she got him on the phone, however, Jared was underwhelmed. "I went over which players to follow and what to watch out for," he recalls. "She seemed to be getting it, but then she said, 'Uh, just one thing—what's a down?' I thought, She's hopeless." ("Hey, I have no problem admitting it," Tracy says. "I didn't know a thing about football.")

Wisely, Tracy took a football-savvy friend to the game. Later that night, when she filed her story at the *Times* office, Jared got his first glimpse of her. "My image of this football ignoramus didn't include beautiful brown hair and a smile that lit up the whole room," he says. "One look at Tracy and I was con..pletely infatuated."

Likewise smitten, Tracy nonetheless left after being introduced—then felt like kicking herself. "I had one more 'legitimate' excuse up my sleeve," she says. "I called Jared and asked for ...photos I'd shot." Then, ...she asked if he'd like to go to dinner sometime.

Tracy interpreted the long pause that followed as reluctance. "Actually, I was just shocked that this incredible woman was asking me out," says Jared. "I was six seconds away from asking her myself."

Their first date was a quintessentially small-town affair: They attended the high school's production of *Brigadoon*. At dinner afterward, Jared, dressed up in jacket and tie, ordered a salad, so as not to offend Tracy, a vegetarian. ("After I dropped her off," he says now, "I went out for a burger.")

Their mutual nervousness disappeared, though, when they began to talk about writing. "We both loved books," says Tracy, "and he was so encouraging when I told him my dream of writing full time."

"That was a bond between us from the start," agrees Jared. "I left thinking that I could marry this woman."

Always a heart-on-his-sleeve kind of guy, Jared shared his newfound happiness with his readers—but not before getting Tracy's approval. "She made me cut the embarrassing stuff," says Jared, "but the column was still a great avenue for expressing my feelings." And not just to Tracy: Soon, total strangers were stopping them to ask how the relationship was going.

Now, a decade and two sons later, Jared's column continues to lovingly chronicle their life together—from the births of Alex, 6, and Andy, 4, to the boys' first days of school, to a recent incident in which Alex stuck a smiley-face sticker up his nose. Tracy, who herself did a 2002 stint as a guest columnist for *The Denver Post*, has finally grown accustomed to the fact that, to locals, her life is an open book. "People still come up to me all the time," she says. "After the smiley-face column ran, several moms told me about objects their kids had put up their noses, including marbles, crayons and a Vienna sausage!"

Last year, the couple's world was jolted when Tracy got laid off from her job at a local college. "We've always been a two-income family, so I freaked out," she says. "But Jared's first reaction was, 'This is a great opportunity to pursue your writing.' So that's what I'm doing. My husband's optimism and ability to find humor in a situation continually astonish me. I really found Mr. Write, all right!"

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postpartum depression, it turns out. Researchers say [illegible] affected. While for women, postpartum depression is often associated with hormonal changes after childbirth, for new fathers the feelings may be brought on by changes in circumstance: new worries about family finances, lack of free time and adjustments to their relationship with their spouse. But the resulting unhappiness and confusion can be just as intense.

Who's at risk? New fathers with spouses suffering from postpartum depression have a greater chance of developing similar symptoms because their wives' sadness can be so pervasive, says Bill Watson, M.D., a family doctor at St. Michael's Hospital in Toronto who treats men with postpartum depression. But there are cases in which the man becomes depressed and the woman does not. After your child's birth, if you notice signs in your husband of significant fatigue, sadness, or diminished interest in activities he used to enjoy, Dr. Watson suggests talking with him about how he's feeling. If you suspect postpartum depression, contact your family physician, who may suggest counseling or prescribe medication.

–Megan Cheyne

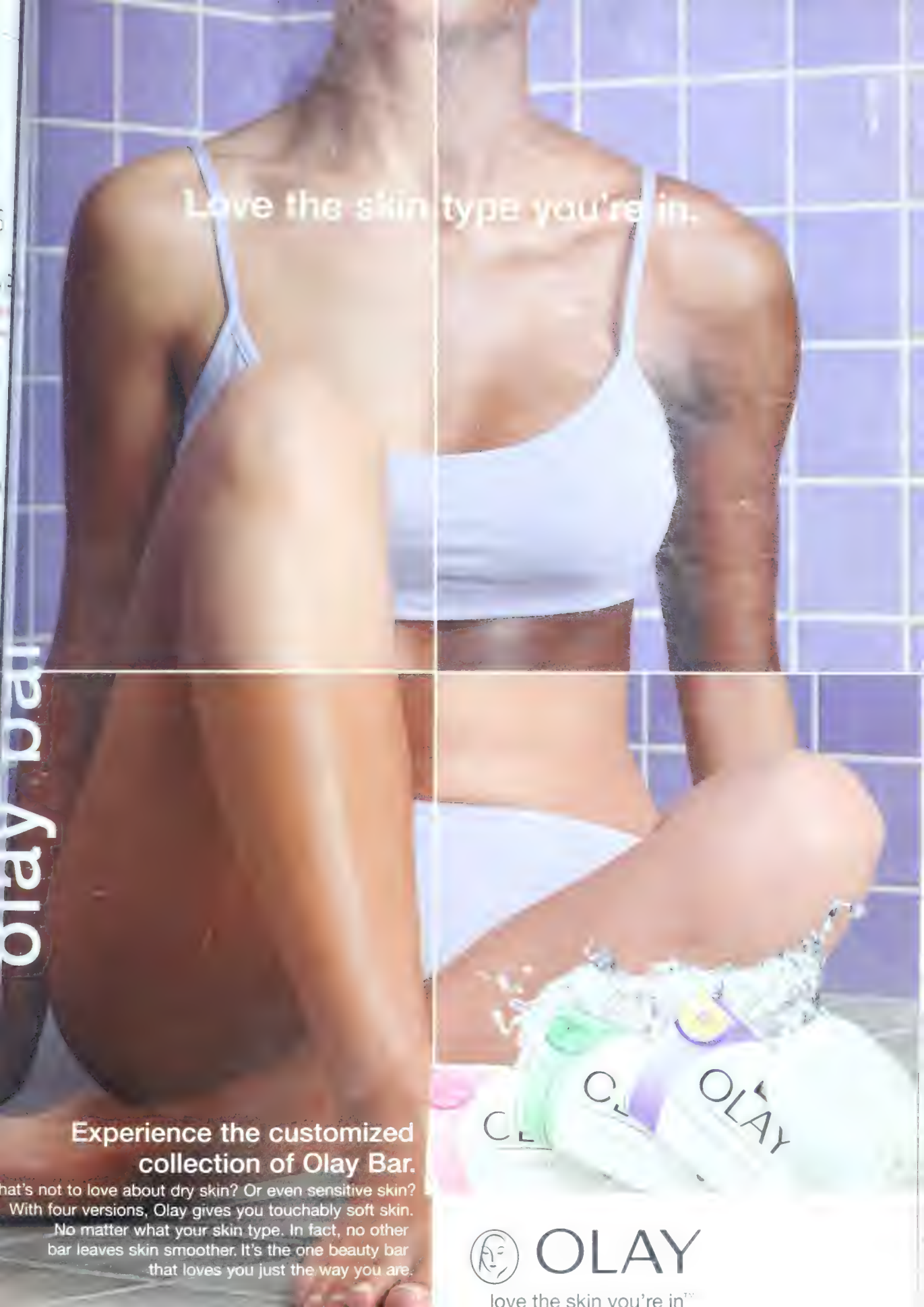
HOW KIDS DECIDE IF YOU'RE FAIR

You're a bad parent if you don't treat your kids equally, right? Wrong. According to a recent study from the University of Missouri-Columbia, parents can treat their children differently as long as the kids perceive the preferential treatment as fair. "Indeed, such behavior is necessary and even beneficial," says study author Amanda Kowal, Ph.D., an assistant professor of human development and family studies. "But parents need to be certain that their reasoning is clear to their kids." For example, a responsible child may be given a later curfew than a less responsible older sibling had at the same age, as long as the older child is told why. And parents shouldn't feel guilty about giving one child more affection than another if they do it because they sense one child craves it more. "We found that most siblings can be empathetic to one another's needs when it's important," explains Dr. Kowal. *–Caroline Stanley*

WHAT'S SO GREAT ABOUT FAMILY DINNER?

Teens who ate dinner five to seven times a week with their families were **45% less likely to try alcohol, 24% less apt to smoke marijuana and 67% more likely to get A's** compared with kids who never or rarely dined with their families, according to the National Center on Addiction and Substance Abuse at Columbia University.

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The New Teen "Slumber" Party

If you open the door on Friday evening to see your teen's friend carrying a desktop monitor, a PC tower and a power strip trailed by cables, don't panic. The kid is probably not moving in. Then again, he won't be leaving anytime soon, either. He's about to settle in for an overnight LAN party, a newly popular social gathering that brings groups of teens together in basements, community centers, even hotels to play interactive computer games with one another until the wee hours of the morning. (LAN stands for "local area network," the technology that allows this linkage.)

Glued to their monitors, swilling soda and instant-messaging absentee buddies, these teens look more like day traders than high schoolers. But conviviality prevails. "It's the same stuff I'd do at home, but I get to hang out with friends, too," says Peter Ferrell, 17, of Chappaqua, New York, who attends a LAN party most weekends.

Though the parties do nothing to quell long-held concerns about violent games, experts largely view the trend as wholesome. "Going to LAN parties is healthier than, say, hanging out at the mall," says David Landers, Ph.D., a professor of psychology at Saint Michael's College in Colchester, Vermont. "They provide a safe environment where teens can interact socially *and* electronically." —*Irene S. Levine*

HOW SUMMER MAKES KIDS SMARTER

With paying jobs scarce, many teens have decided to use their summer break to, yes, study—everything from archaeology to SAT strategies. Many high schools have hooked up with local colleges on programs that let high schoolers earn college credit. Others offer brush-up classes in core subjects such as algebra a popular option for college-bound teens eager to burnish their GPAs). "Our enrollments definitely spike during summer," says Wendy Odell Magus of Sylvan Learning Center, which specializes in helping struggling students. "And more and more kids are looking for enrichment, not just tutoring." To find out more, talk to your teen's principal or guidance counselor. —*Caroline Stanley*

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My Daughter, My Self

We're crazy about each another, so why are we so tough on each other as well? Because we're so different—or too much alike?

BY GERRI HIRSHEY

[illegible] second pregnancy, after the obstetrician's nurse called with the amniocentesis results, I made my way shakily down the hall to tell my husband, Mark, the news. I didn't realize I was crying until I saw the alarm on his face. "Oh, the baby's okay," I told him, boo-hooing aloud by then. "*She's* fine. It's a girl!"

I'd had no idea how much I wanted her, our daughter, until that moment 12 years ago. Yet at the same time, somewhere within, that little horror-movie voice was whispering: *"Be afraid. Be very afraid."* Friends with daughters cried amen to the old bromide: Boys are easy, girls are hard.



Our son, Sam, nearly 2 at the time, had been a dandy baby—healthy, jolly, a champion sleeper. But Lila *in utero* was already making me more miserable than I'd imagined a human could be: the morning/noon/night sickness was so bad that Sam learned to answer the phone and say, "Mommy puking." The birth was excruciating, owing to Lila's face-upward position, a delivery the doctor called "sunny-side up."

Hah. We'd soon learn there was little sunny about this kid. Infant Lila was such a fusspot I ate most meals standing, her in the Snugli, me pacing, picking bits of moo shu shrimp from her fuzzy pate. At 2 she stunned us all, not by running around the house naked, but with her reaction when I tried to catch and dress her: "Get your hands offa me, lady!" It was Lila's opening salvo in what may be a lifelong battle of wills. In the presence of others she is a shy, polite, easygoing child. No one—not her teachers, her friends' parents—believes us when we try to explain what a contrarian she can be at home. Especially with Mom. "You two are always butting heads," Mark says. "Can't you fix it?"

I wish. It's no picnic trying to unravel the mysteries woven into the mother-daughter knot. At heart, Lila and I are crazy about one another. She tells me daily that she loves me; she's a relentless kisser and cuddler. She roots out my childhood photos and pairs them with her own; we both shriek at the Mini-Me resemblance. We snuggle with our needy little hound, Maybelle, between us, tune into dog competitions on Animal Planet and root loudly for the beagle entries. At those moments, neither of us could be happier or more at ease. CONTINUED

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But there is a tension that crackles between us, a force field that erupts, [illegible] field. "I fully expect [illegible] until my girls leave home," says my pal Andrea. [illegible] I'm worried that in 20 years Lila will hand me a copy of *My Mother/My Self* with all my grievous, clichéd sins underlined." I knew someone who actually did give her mother a highlighted copy of Nancy Friday's best-selling indictment of mom; the fallout lasted for years. But no feminist theory or self-help guru has adequately explained why we can be so tough on one another. Do I spar with my daughter because she's so different from me? Or because we are too much alike?

Tension crackles between us, a force field that erupts in skirmishes and sulks

[illegible] do that," I snap, much too quickly, when Lila berates herself for getting "only a B" in math. I was a far worse perfectionist in school, despite my supportive, non-pushy parents. And Lila's self-flagellation in 6th grade gives me the willies. Often, after my ill-advised outbursts, I count the reassuring ways Lila is not me. I was no competitor; she's on the swim team and runs cross-country. I hated anything scary; she rides the tallest, most looping, most upside-down roller coasters—arms raised, in the front seat. I tootled on the clarinet, briefly and indifferently; Lila declared a passion for the cello, a handsome if unwieldy tub that needs its own humidifier and a chauffeur (me).

I realized one recent afternoon Lila's cello, and its lovely voice, is her first mature, reasoned declaration of self. Arriving early to pick her up from a lesson, I peered through the [illegible] window in the classroom door and [illegible] stranger in my daughter's [illegible]. This girl was buoyant, confident, gesturing with the bow, balancing the cello on her strong swimmer's thighs, reading music I cannot parse. She and her teacher were laughing hard at some shared joke. Then they began a duet: slow, dignified, sad and sweet. I can't imagine my face was ever that beautifully absorbed. There I was in a hallway again, crying over my girl. The teacher—a wry, wise woman—underscored my little "aha!" moment when she told Mark: "She's not like the rest of the kids. Lila sees things . . . differently. She always will."

This is exactly what I was afraid of for her—until I saw how whole and fulfilled it made her in that room. I was the odd-duck child in my family, too—the questioner, the wanderer who loved them all yet couldn't wait to get away. As my father lay dying, he asked me in a gentle, wondering way, "Where did you come from?" These were the very same words that formed in my head as I watched Lila in the music room that day. It's the true miracle of parenthood when you realize you've hatched a human with your eyes and the shadow of your smile—all secondary to her stubborn, singular, tamper-resistant self.

At bottom, Lila and I recognize our shared outsiders' stance too well. At the worst of our battles, we eye one another like two she-wolves circling on the tundra. Growing up as a sub-urban loner was hard for me; I suppose, in cuffing my obstreperous cub, I'm trying to make her stronger for the journey. And when she nips back—as I did with my patient mother—it's because she's rightfully scared.

Oddly, some of my most tranquil moments come from fending off the wild things that sometimes visit Lila in nightmares. I've always been the first to hear her cry in the night. Climbing into bed next to her, inhaling the scent of shampoo and pool chlorine, I feel her tension ease at once. I whisper the ancient balm: "Mommy's here." I'll confess, I'm greedy for these moments when she still needs me and no one else will do. Holding a trembling little girl affords you one of those portholes when you see part present, part past. From Lila's bed, I see my 11-year-old self awakened, terrified, by a thunderstorm. I hear my mother shutting windows in the house, her footsteps headed to my bed, constant as a ship guided by the North Star. *Mommy's here.*

From those moments of perfect comfort, I know there is just one way I hope my daughter becomes me, someday. I hope she gets to drape herself around a little son or daughter on a howling night. I hope she knows a love so fierce it's painful, so eternal it's a woman's lasting peace.

Do you have advice or comments for Gerri, or stories to share? Write her at: lhj.mylifeasamom@meredith.com.

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power, I make up for in fun," says Ford, with her three sons (from left), Christopher, Tim and Matthew

Escape From Planet Boy

When Linda Marie Ford, mom of three sons, needs relief from her boys' belching and bug collecting, she turns to the unique support group she founded

BY SHERI BELL-REHWOLDT

Like many mothers of young boys, Linda Marie Ford could use a little more sugar, spice and everything nice in her life, and a little less snakes, snails and puppy dog tails. As the lone female in a household where testosterone reigns, it's not unusual for her to find a critter collection in an underwear drawer, Legos in the washing machine, or her youngest son sobbing after getting caught in the crossfire of a living-room dodgeball game.

Of course, Ford realized she was stuck with this gender imbalance. But instead of ruing it, she decided to celebrate it—royally. One day, the 39-year-old mother of Tim, 11, Matthew, 7, and Christopher, 2, decided to don a tiara and pronounced herself, "Her Royal Highness, the Queen of Lakewood," referencing her Dallas neighborhood. Somehow, with the crown atop her head, she found that the running, jumping, shouting, farting and belching of her boys bothered her less. And while wearing the bejeweled headpiece did little to change their behavior, it did confer a kind of royal authority. "Wearing it was a sneaky way of reminding the boys not to mess with Mom," Ford says.

Then one day in the spring of 2002, while pondering the state of her monarchy, it dawned on Ford: Why not expand her [illegible]? And so she put [illegible] networking group to u[illegible] lost in the wild [illegible]. Dubbed "It's Good [illegible] Queen," her group is [illegible] idea that mothers of boys should re[illegible] in being the only lasses in the [illegible] manner. Ford doesn't exclude moms [illegible] have daughters).

"It started as a lark" says Ford, who sent out invitations to moms of boys she knew from play groups and her kids' school, stocked up on tiaras and hosted the first queen mixer in April 2002. Tim and Matthew manned the makeshift red carpet (really a plastic tablecloth), regally draped over the sidewalk, and announced each guest's name as she arrived at the party. Ford crowned the 18 attendees with tiaras.

At first the queens felt a tad silly wearing the silver-sequined headgear, but Ford told them that it CONTINUED

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was a reminder to embrace each day's challenges with feminine benevolence." Then the queens got down to the important work of sharing their tales of woe. Over dainty sandwiches and cups of tea, they engaged in a hilarious game of Top This. Deborah Regan, 40, a periodontist, told the other queens of her sons' cockroach-breeding experiments. Regan also recounted her boys' morning battles with aliens and regular peeing contests. The other queens were amused.

At another gathering, Jennifer Flippo, 35, a nurse practitioner raised in a family of daughters, admitted that at times she felt inept raising her sons, Cameron, 7, and Travis, 2. She quickly found reassurance. "When I told the queens that I was frustrated because I couldn't stop my boys from mimicking wrestling champions, the veteran moms saw it for what it was: 'a boy thing.' Just like that I was absolved of all responsibility," Flippo says. "I love these women!"

By January 2003, Ford knew she had a hit on her hands: 40 local moms had by then been, um, coronated. To invite more women into the queendom, she launched a Web site *(www.itsgoodtobethequeen.com)*. Through the site's message-board postings, moms around the world exchange stories and talk shop.

Every week Ford shares her own household-hell stories via her "royal address," which reaches the inboxes of 600 registered moms. "Fellow queens," a recent e-mail began, "my queendom for a good cup of coffee this morning! I was up all night with Barf Boy and Teething One, his trusty sidekick." But more than just sharing the horrors of testosterone overdose, Ford reminds the moms to soak up every precious boy-related experience, because soon that little guy with his fin up his nose will blossom int grown-up prince and leave home

While most of the queens h yet to meet Ford in person, m feel they know her and enjoy spot-on perspective. Lori Jeffries, from Fort Worth, Texas, who is n living in Germany with her Ar husband and their sons, David and Zach, 4, explains: "Linda's mails always seem to arrive as I about to pull my hair out. Th make me see the humor in lif Likewise, the message-board po ings, full of real-life drama and co relief, are another must read. Or. Kipp Murray, 45, a writer in Arlin ton, Texas, and mother to Travis, says, "My husband and son kno that I'm on the queen Web site whe they hear me laughing uncontro lably from our computer room."

As for Ford's husband, Andy, 41 he's also grateful for the group. He convinced his wife's postings an parties will save them years of ex pensive therapy down the road Todd Flippo, husband of Dalla queen Jennifer, has similarly become a true royalist. "She now realizes she's not cursed with Y-chromosome freaks of nature," he says. "If we have to step over dump trucks and dirty underwear to get to the kitchen, that's just part of the adventure of dinner."

Ford, meanwhile, is ecstatic to bring her fellow queens—and their kings—closer through such revelations. Sure, she hears more than her share of moans and groans. But the phrase she hears the most, she says, is, "We love our boys; we wouldn't have it any other way."

Tell us about a profound connection in your life; we'll pay you $50 if we publish it. Send your stories to lhj.connections@meredith.com



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We started out remodeling our kitchen. We ended up baring our souls

Home Improvement

BY STEPHEN FRIED

I [illegible] in my head, like a character in a bad horror movie: *I'll Never Drink Again [illegible] the Last Time I Attempted to be Handy.*

The drain in the communal sink was clogged. Technically, I did unclog it—by shattering the entire drain pipe with a monkey wrench. I quickly tried to sop up the mess with paper towels before my handymanliness was called into serious question. But I couldn't keep up with the torrents.

"Hey, um, Stephen?" I heard Diane call from the dining room just below me. "Should water be pouring from the light fixture?"

Diane, to her credit, did not laugh at first. But when our plumber arrived, he could not contain himself. He had one of those musical Jamaican laughs, so infectious that Diane could not resist joining in.

So, when we bought a new house last year, one that needed some work, I didn't waste one second's thought on doing any of it myself. I do realize that do-it-yourself remodeling is now so popular that in some neighborhoods there are as many home-improvement stores as homes. And I have seen the studies suggesting that couples can even be brought closer together by doing such projects themselves. In one survey, 54 percent of couples who do home improvement projects together said they "enjoyed" them. In another survey, 35 percent of homeowners said their failed attempts at home improvement had caused "domestic rifts." And almost half described their partners as "useless."

There is, I understand, even a burgeoning handywomen's movement afoot. But Diane is even less do-it-yourselfish than CONTINUED ON PAGE 50


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Only your doctor can decide if Relpax is right for you. If you have certain types of heart disease, a history of stroke, TIA, or uncontrolled blood pressure, you should not take Relpax. Very rarely, certain people, even some without heart disease, have had serious heart-related problems. Talk to your doctor if you have risk factors for heart disease such as smoking, high blood pressure or high cholesterol, or if you're pregnant or nursing. Relpax should not be used within at least 72 hours of treatment with the following medicines: Nizoral®, Sporanox®, Serzone®, TAO®, Biaxin®, Norvir® and Viracept®.

Please see patient summary of information on next page.

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(eletriptan hydrobromide) 40 mg

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Pfizer

SUMMARY OF INFORMATION

RELPAX®

(eletriptan hydrobromide)

ou start taking RELPAX and each
n. Remember, this summary does not
ussions with your doctor. You and your doctor
en you start taking your medication and at

What is RELPAX?

medicine used to treat migraine headaches
.X is not for other types of headaches.

Migraine Headache?

ine is an intense, throbbing headache. You may have pain on one or both sides of your head. You may have nausea and vomiting, and be sensitive to light and noise. The pain and symptoms of a migraine headache can be worse than a common headache. Some women get migraines around the time of their menstrual period. Some people have visual symptoms before the headache, such as flashing lights or wavy lines, called an aura.

How Does RELPAX Work?

Treatment with RELPAX reduces swelling of blood vessels surrounding the brain. This swelling is associated with the headache pain of a migraine attack. RELPAX blocks the release of substances from nerve endings that cause more pain and other symptoms like nausea, and sensitivity to light and sound.

It is thought that these actions contribute to relief of your symptoms by RELPAX.

Who should not take RELPAX?

Do not take RELPAX if you:

- have uncontrolled high blood pressure.
- have heart disease or a history of heart disease.
- have hemiplegic or basilar migraine (if you are not sure about this, ask your doctor).
- have or had a stroke or problems with your blood circulation
- have serious liver problems.
- have taken any of the following medicines in the last 24 hours: other "triptans" like almotriptan (Axert®), frovatriptan (Frova™), naratriptan (Amerge®), rizatriptan (Maxalt®), sumatriptan (Imitrex®), zolmitriptan (Zomig®); ergotamines like Bellergal-S®, Cafergot®, Ergomar®, Wigraine®; dihydroergotamine like D.H.E. 45® or Migranal®; or methysergide (Sansert®). These medicines have side effects similar to RELPAX.*
- have taken the following medicines within at least 72 hours: ketoconazole (Nizoral®), itraconazole (Sporanox®), nefazodone (Serzone®), troleandomycin (TAO®), clarithromycin (Biaxin®), ritonavir (Norvir®), and nelfinavir (Viracept®). These medicines may cause an increase in the amount of RELPAX in the blood.*
- are allergic to RELPAX or any of its ingredients. The active ingredient is eletriptan. The inactive ingredients are listed at the end of this leaflet.

Tell your doctor about all the medicines you take or plan to take, including prescription and non-prescription medicines, supplements, and herbal remedies. Your doctor will decide if you can take RELPAX with your other medicines.

Tell your doctor if you have any of the following risk factors: high cholesterol, diabetes, smoking, obesity, menopause, or a family history of heart disease or stroke

How should I take RELPAX?

RELPAX comes in 20 mg and 40 mg tablets. When you have a migraine headache, take your medicine as directed by your doctor.

- Take one RELPAX tablet as soon as you feel a migraine coming on.
- If your headache improves and then comes back after 2 hours, you can take a second tablet.
- If the first tablet did not help your headache at all, do not take a second tablet without talking with your doctor
- Do not take more than two RELPAX tablets in any 24-hour period

What are the possible side effects of RELPAX?

RELPAX is generally well tolerated. As with any medicine, people taking RELPAX may have side effects. The side effects are usually mild and do not last long.

The most common side effects of RELPAX are:

- dizziness
- nausea
- weakness
- tiredness
- pain or pressure sensation (e.g., in the chest or throat)

In very rare cases, patients taking triptans may experience serious side effects, including heart attacks. **Call your doctor right away** if you have:

- severe chest pains
- shortness of breath

This is not a complete list of side effects. Talk to your doctor if you develop any symptoms that concern you.

What to do in case of an overdose?

Call your doctor or poison control center or go to the ER

General advice about RELPAX

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use RELPAX for a condition for which it was not prescribed. Do not give RELPAX to other people, even if they have the same symptoms you have.

This leaflet summarizes the most important information about RELPAX. If you would like more information about RELPAX, talk with your doctor. You can ask your doctor or pharmacist for information on RELPAX that is written for health professionals. You can also call 1-866-4RELPAX (1-866-473-5729) or visit our web site **www.RELPAX.com.**

What are the ingredients in RELPAX?

Active ingredient: eletriptan hydrobromide
Inactive ingredients: microcrystalline cellulose, lactose, croscarmellose sodium, magnesium stearate, titanium dioxide, hypromellose, triacetin, and FD&C Yellow No. 6 aluminum lake.

Store RELPAX Tablets at room temperature 15-30°C (59-86°F).

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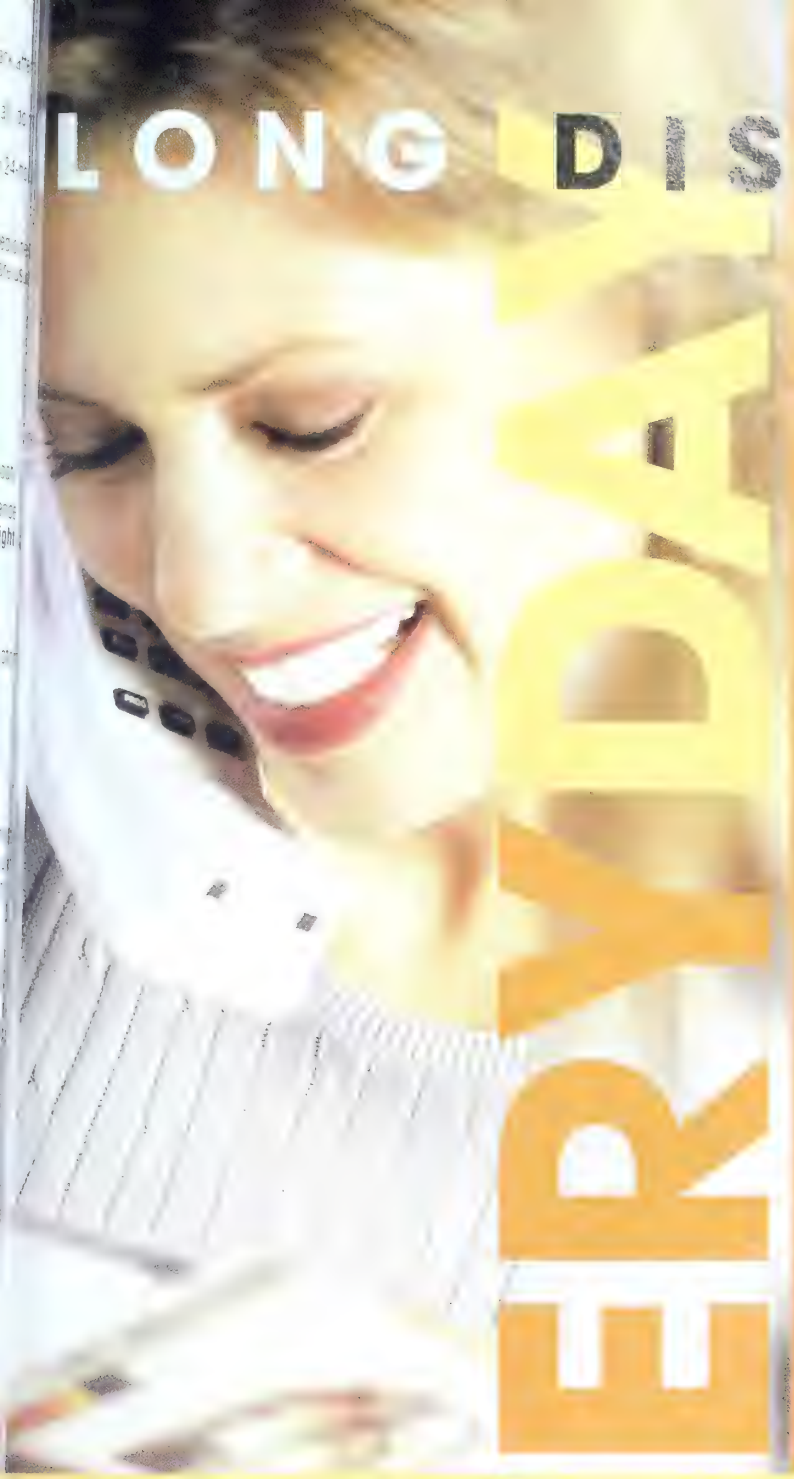
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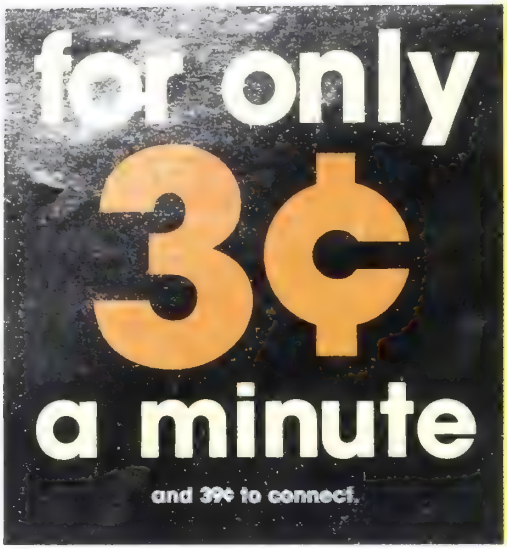
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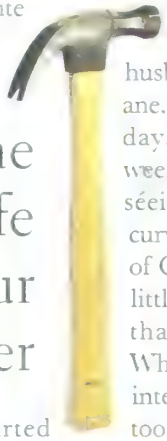
ed to
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contractor who
uld let us be completely involved
without ever actually getting our
hands dirty.

And we actually lucked into the perfect guy: Mike, a fortysomething corporate escapee turned general contractor who can actually use the term *feng shui* correctly but also knows how to rewire an electrical box. He's been great. But we never considered how a guy with a toolbox could get so embedded in our lives and our marriage. After 10 months under our roof, Mike knows way too much about us. He knows what we're like first thing in the morning (me, wide awake and yapping; Diane, sleepwalking like *The Next Morning of the Living Dead*). He is conversant with our bathroom habits and our seat-up/seat-down issues (because he's had to fix our cranky old toilets so many times).

So far, I've seen no evidence that he is using this information for evil. But, then, he doesn't need to. People often complain about hating their contractors. Let me tell you something: It's much more dangerous to
our contractor. We've already burned through twice what we origi-

Yet I must admit that we've never
much

all the insane expenditures at least remaining within the marriage and the house. Which is exactly what we hoped for when we bought the place. We guessed correctly that a new house would offer the chance to take on a new set of shared dreams—and the occasional freshly shared nightmare. (There is still a very lonely, inch-wide hole in the granite next to the kitchen sink awaiting the soap dispenser. After the first six months, we started telling our friends it was part of the design concept.



Thanks to our home renovation, my wife and I are having our midlife crises together

Making a whole lot of decisions together—even minor ones about window-blind width and handle finish—is a good test of a relationship, especially since Diane is very decisive and I am epically ambivalent. I am such an annoying second-guesser that I should endow a chair at my alma mater in Indecision Science.

In this case, I deferred to Diane completely on hue. She indulged my fetish for stainless steel appliances. (If you want your husband to pay even a moment's attention to remodeling, go stainless in the kitchen: We are hypnotized by shiny objects—even if they are dishwashers.) She was at my side during my endless quest for the Holy Grail of ductless range hoods. I stood by her when she insisted the grain on the kitchen cabinets had to
lie horizontal. And we hung together
during the dusty months of construc-

tion when we slept in the guest l
bed and couldn't unpack much m
than an overnight bag.

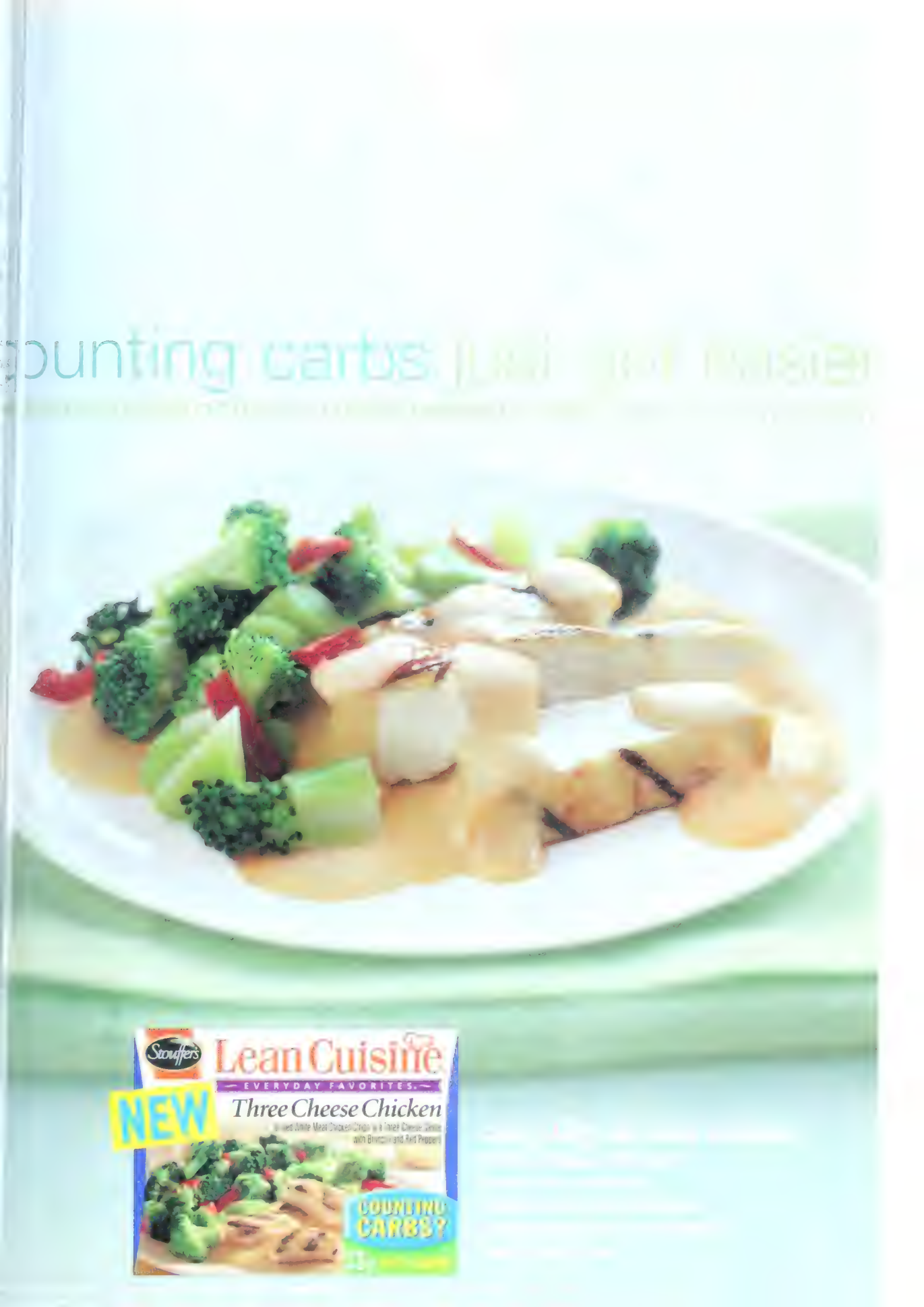
The main problems come with
reaction to the finished products. I
nearly impossible to get an initial
qualified compliment out of me. I a
the type of person who must learn
love almost everything. (Inde
sive and hypercritical—ju
what every woman wants i
husband.) I look at something I
ane. Mike and I schemed over f
days, and that he created ov
weeks or months, and instead
séeing the big picture of a coo
curved counter or a majestic wa
of CDs in the den, I notice only
little splatter of paint or a sea
that needs to be touched u
While I am eventually capable o
intense appreciation, it is alway
too late for the egos of others.

Diane believes I do this with Mik
because men feel insecure when w
can't do home-improvement worl
ourselves. She says it's not really criti
cism as much as macho posturing
But it can't be fun for Mike.

In the meantime, it's great to have
a new nest. And I'm pleased to say
that the differences between hus
bands and wives has not significant
ly hindered our remodeling at all. In
fact, we've now reached the stage in
the home-improvement process that
men like the best: I get to cook in
the cool, new kitchen, but thank
God, I don't have to clean the cool,
new house.

Next month: The inside scoop on understanding how guys grieve.

Have advice or questions for Stephen? E-mail him at [illegible]@meredith.com, and read more about him at www.lhj.com/stephenfried


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EVERYDAY FAVORITES
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Three Cheese Chicken
COUNTING CARBS?

For Love of Maggie

When a beloved pet gets sick, it can take a long time to decide: When is the right time to stop her suffering?


Jeanne Marie with Maggie

This is only temporary. I'll get her through this. Surely she'll be okay.

Standing here stroking Maggie, my beautiful black mare, I'm trying to explain to her what's going on. "I know it hurts, sweetie," I'm saying. She looks at me with soft black eyes that don't begin to understand. When my vet examined Maggie last week, he shook his head and said, "Let's try to get her through this latest bout." It was the most pessimistic I've seen him since he started treating

thinking I should be better at this by now.

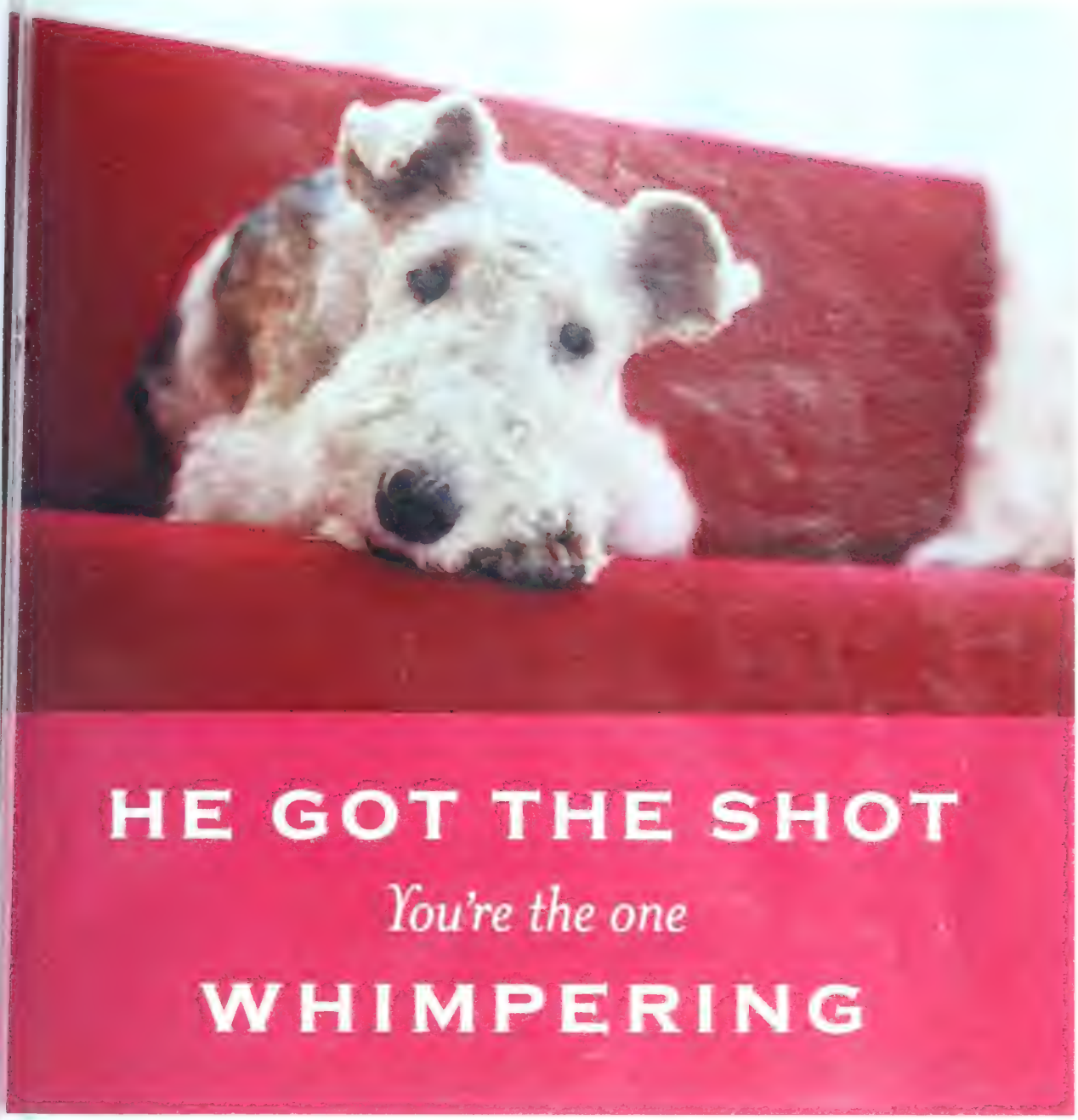
still single.

creatures depending on me except my beloved orange cat named Bob, it made more sense. When Bob died, I felt the loss like a punch that kept on punching. But of course! He was the first pet I'd lost since I was a kid, and the center of everything then. It's so much more complicated now. I've lived through my share of loss, and I'm married, with two daughters, plus a whole farm full of animals. Subtracting one animal from my life, even a 900-pound one, should not be such a big deal.

"Ready for your candy?" I say to Maggie, offering her one of the horse treats I always give her before and after her medicine. Sometimes I break into my Julie Andrews routine and sing an optimistic round of "A Spoonful of Sugar." Anything to get Maggie to accept the painkiller. Maggie has chronic laminitis, a crippling disease of the hoof. I'd never heard of this condition—my husband and I are new to rural life and have had horses for only five years—and was appalled to learn how common and random it is. One day you've got a perfectly healthy horse, and the next day she can't walk and may have to be put down.

Maggie is 15, middle-aged for a horse. She's part quarter horse, a sturdy breed, and part Morgan, which is where she gets her jet-black coat and luxuriously wavy mane and tail. The people who sold her to us four years ago said she had spent most of her life in the careful hands of a teenage girl who proudly won ribbons with her at 4-H Club fairs. That's why Maggie was so well mannered, so friendly, and so easy to be around. She joined our CONTINUED

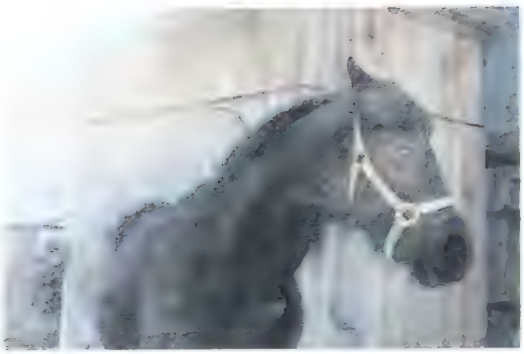
BY JEANNE MARIE LASKAS



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"Maggie has been a good friend, and you simply don't turn your back on a friend"

The first sign of laminitis is obvious: One day you look out and your horse is standing funny, leaning backward to take the weight off her front hooves, and then you notice that she can't walk. A horse's hoof contains something called the coffin bone, and surrounding it is laminae, a cushion of tissue, blood vessels and nerves that can all too easily become inflamed. Oddly enough, the condition can be caused by gorging on too much grain or grass, which sends bacteria into the blood, triggering inflammation.

In Maggie's case, the culprit was lush spring grass. I remember two years ago, when the pasture seemed to go from brown to bright green overnight. And I remember watching our horses—Maggie, Skippy, Cricket, Sassy—all of them the very picture of horse happiness, grazing in that luscious, tender grass. Then I went out to find Maggie standing funny, huffing and puffing, as if fighting for air. I [illegible] it was [illegible] Her front hooves were hot to [illegible] She was in such agony, in [illegible] into a [illegible]

just management: You treat each flare-up as it comes, and have a farrier—a hoof manicurist—come by once a month to trim the hooves to optimize new growth. But even so, the pain can become so great that the horse has to be euthanized.

Perhaps every pet lover knows this one: the peeking you do at the truth. *This is only temporary. I'll get her through this. Surely she'll be okay.* I remember thinking the same thing about Bob, my cat. I remember all the denial.

"Come on, girl," I say to Maggie, as I put a giant plastic syringe to her mouth. "This will dull the pain." She's annoyed by the intrusion, even though I've filled the syringe with apple sauce to disguise the taste of the medicine.

Maggie tries to jerk her head away, but I hold her tight, insert the syringe and give it a fast squeeze. "Sorry, girl," I say, and then tug on her lead rope to encourage her to take a few halting steps.

"Come on, girl," I say, explaining what my vet taught me. "The more you move during rehab, the more the blood flows, the more your hooves will have a chance to grow." If only she could understand. This is the g every pet lover with a sick pet lo to bridge.

We don't ride Maggie anym even during the long stretches of t when she's able to walk and run l her normal old self. We have spe shoes for her. She isn't allowed out the pasture with the other horses; s has a special paddock where her pos are to grass is limited to one ho a day. We try every feed supplem we read about, cocktails of pu hope. I suppose a lot of horse own would have given up by now. Wh good is a horse you can't ride w requires constant medical attentio What good is a pet like that?

Well, she's my horse. She's been good friend, and you simply don turn your back on a friend. But wh is it your job to put her out of h misery? Are you keeping her aliv for her, or for you? This is whe you're left, finally, as you scramble t do the right thing. It doesn't matte how many dependents you have, o how full your life is. Loving a pet still loving a pet.

"Come on, girl," I say to Maggi tugging her hard enough that she ha no choice but to hobble two steps fo ward. "Good job!" She bends he neck, buries her nose in my arm, horse's way of hugging. "That's m girl," I tell her.

This is only temporary. I'll get he [illegible] Surely she'll be okay.

Do you know a true tale of animal love you'd like us to consider for this column? If so, send a paragraph to lhj.animalaffairs@meredith.com.



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Say goodbye to fleas and ticks



What's Your Mom Stage?

Today, a woman in her 40s might be a first-time mom *or* a grandma. She might be raising a 2-year-old and a 20-year-old at the same time. These four moms share the surprises and the joys of their very different journeys

BY MARION WINIK

Who: Lynn McTyre, 45, fifth-grade teacher
Where: Mamaroneck, New York
Mother of: Daniel, 18, and Alexandra, 16

Lynn was married and in her 20s when her children were born. But after her [illegible], she found herself on [illegible] parent.

"The day my husband left, I became [illegible] kids. The [illegible] time and energy required were [illegible] difficult. It had been [illegible] were all pretty shaky. Although they were on the brink of adolescence, my kids needed to be close to me.

"But time has passed and my kids recovered from the shake-up. Now they're older and looking for more independence. But that doesn't really make it less work for me. People think that adolescence is a time when you can step away as a parent, but it's the opposite. In some ways teenagers are more vulnerable than younger kids; they need lots of support with all the choices and issues they face. But I think as a single mother I may have an advantage. I have some friends with an intact family and a gorgeous home in a great neighborhood. Yet when it turned out their son CONTINUED ON PAGE 60

WWW.LHJ.C

mportant Correction of Information about Pravachol® (pravastatin sodium) tablets

ol-Myers Squibb Company, maker of Pravachol, ran ads for Pravachol that the determined were misleading. The statement they determined misleading was vachol is the only cholesterol lowering drug proven to help prevent first and nd heart attack and stroke in people with high cholesterol or heart disease." statement suggested that Pravachol has been proven to help prevent stroke eople without heart disease.

se note, Pravachol has not been proven to help prevent stroke in people out heart disease. Pravachol is proven to help prevent stroke only in people coronary heart disease (CHD).

vachol is no longer the only cholesterol lowering drug approved to help vent first and second heart attack. In April 2003, another drug was approved educe the risk of heart attacks and stroke in patients with CHD, or without CHD at high risk of coronary events because of diabetes, peripheral vessel disease, istory of stroke or other cerebrovascular disease.

vachol, with diet, when diet and exercise are not enough, is approved to:
ffectively lower cholesterol in people with high cholesterol
elp prevent heart attacks in people with high cholesterol or heart disease
elp prevent stroke in people with heart disease

our doctor prescribed Pravachol, you should continue to take Pravachol in ordance with his or her directions. If you have any questions about vachol, ask your doctor or healthcare professional.

portant Considerations: Pravachol, a prescription drug, is not for everyone, including men who are pregnant or nursing or may become pregnant, or people with liver blems. And because serious side effects can result, tell your doctor about any explained muscle pain or weakness you experience while on Pravachol, and about other medications you are taking. Your doctor may do blood tests to check for liver blems. Some mild side effects, such as slight rash or stomach upset, occur in 2-4% patients.

ase see product information following this advertisement.

Bristol-Myers Squibb Company

4 Bristol-Myers Squibb Company, Princeton, NJ 08543 D3-K0149 01-04

PRAVACHOL (pravastatin sodium) 40 mg tablets

Rx only

PRAVACHOL

(pravastatin sodium) Tablets

PRAVACHOL®

advertisement does

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blood. It lowers LDL "bad"

VACHOL is proven to help prevent heart

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a procedure used to open a narrowing in the

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surgery and angioplasty, and slow the

t take PRAVACHOL? (CONTRAINDICATIONS)

ike PRAVACHOL:

Patients with liver problems: PRAVACHOL should not be used by patients with active d blood tests indicating possible liver problems. (See **What else should I know about PRAVACHOL? - WARNINGS.**)

Women who are or may become pregnant: Pregnant women should not take PRAVACHOL because it may harm the fetus. **Women of childbearing age should not take PRAVACHOL unless it is highly unlikely that they will become pregnant.** If a woman becomes pregnant while on PRAVACHOL, she should immediately stop taking lk to her doctor.

Women who are breast-feeding should not take PRAVACHOL.

Patients who are allergic to any of its ingredients: The active ingredient in PRAVACHOL is pravastatin sodium. The inactive ingredients are croscarmellose sodium, lactose, magnesium oxide, magnesium stearate, microcrystalline cellulose, and povidone. The 10 mg tablets also have Red Ferric Oxide; the 20 mg tablets and the 80 mg tablets also have Yellow Ferric Oxide; the 40 mg tablets also have Green Lake Blend (D&C Yellow No. 10-Aluminum Lake and FD&C Blue No. 1-Aluminum Lake).

What else should I know about PRAVACHOL?

WARNINGS

- **Muscle:** Tell your doctor right away if you experience any unexplained muscle pain, tenderness, or weakness at any time during treatment with PRAVACHOL so your doctor can decide if PRAVACHOL should be stopped. Some patients may have muscle ache or weakness while taking PRAVACHOL. Rarely, patients taking PRAVACHOL have experienced serious muscle breakdown resulting in kidney damage. The following can be signs of serious muscle breakdown: muscle pain, weakness or tenderness, fever, feeling more tired than usual, and passing brown or discolored urine. The risk of muscle damage is increased in patients taking certain other drugs (for example, erythromycin, cyclosporine, niacin or fibrates) along with another lipid-lowering drug that works similarly to PRAVACHOL. Using PRAVACHOL along with fibrates, like gemfibrozil, should be avoided unless your doctor determines that the benefits of combined use of PRAVACHOL and fibrates likely outweighs the increased risk of muscle problems.
- **Liver:** Rare cases of liver function abnormalities have been reported with lipid-lowering drugs similar to PRAVACHOL. Your doctor may do blood tests to check your liver before you start taking PRAVACHOL, and while you take it. If your liver enzyme levels increase, your doctor should order more frequent tests. If your liver enzyme levels remain unusually high, your doctor should discontinue your medication. Tell your doctor about any liver disease you may have had in the past and about how much alcohol you consume. Patients who consume large amounts of alcohol should use PRAVACHOL with caution.

PRECAUTIONS

- **Homozygous Familial Hypercholesterolemia:** PRAVACHOL has not been studied in this group of patients. Other lipid-lowering drugs similar to PRAVACHOL lower cholesterol less effectively in these patients.
- **Renal Insufficiency:** Patients with renal impairment who are taking PRAVACHOL should be monitored closely by their doctors.
- **Drug Interactions and Endocrine Function:** Because of possible serious drug interactions, it is important for patients to tell their doctors what other drugs they are se obtained without a prescription. They should also tell other , medicine for them that they are taking PRAVACHOL. (See **What else should I know about PRAVACHOL? - WARNINGS:** t steroid
- l Nervous System Toxicity; Cancer, Mutagenesis, Impairment of Fertility:

and mic

one study with rats, PRAVACHOL did not decrease fertility or general reprod

s drugs similar to Pra

increased tumors in male animals.

- Pregnancy: The safety of using PRAVACHOL (during pregnancy) has not been established. If a patient becomes pregnant while taking PRAVACHOL, this medicine should be stopped and the patient should be told to talk to her doctor at once.

should not take PRAVACHOL? - CONTRAINDICATIONS.

- Nursing Mothers: It is not known if nursing mothers may pass this medicine into breast milk. Because of the potential for serious adverse reactions in nursing infants, a woman taking PRAVACHOL should not breast-feed.
- **Pediatric Use:** The safety and effectiveness of PRAVACHOL in children and adolescents from 8-18 years of age have been established in clinical trials. Sexually active females of childbearing potential should be counseled to use appropriate contraceptive methods while on PRAVACHOL. PRAVACHOL has not been studied in children younger than 8 years of age.
- **Geriatric Use:** The safety and effectiveness of PRAVACHOL in patients 65 and older have been established in clinical trials. Side effects in the elderly are similar to the overall population. There have been no age-related differences in efficacy and safety reported among patients taking PRAVACHOL.

What are the possible side effects of PRAVACHOL? (SIDE EFFECTS)

PRAVACHOL is generally well tolerated. Side effects have usually been mild and have resolved. However, some have been serious. In 4-month long placebo-controlled trials of PRAVACHOL-treated patients and 1.2% of placebo-treated patients discontinued therapy because of side effects. The following list of side effects may not be complete. Be sure to ask your doctor about side effects before taking PRAVACHOL and tell your doctor any side effects that may occur while taking PRAVACHOL.

- **Short- and Long-Term Placebo-Controlled Clinical Trials:** Side effects that have been reported in more than 2% of PRAVACHOL-treated patients from short-term trials, and in at least 1% of PRAVACHOL-treated patients in long-term trials, were heart chest pain, rash, nausea, vomiting, diarrhea, abdominal pain, constipation, upset stomach, heartburn, fatigue, chest pain, flu, muscle/joint pain or aches, muscle cramp, localized pain, headache, dizziness, sleep disturbance, depression, anxiety/nervousness, urinary problems, common cold, runny nose, cough, shortness of breath, upper respiratory infection, and vision disturbances. In addition, the following side effects have been reported in less than 1% of PRAVACHOL-treated patients in long-term trials: certain skin problems such as itching, rash, dryness, and hair loss, loss of sexual function or drive, decreased appetite, flushing, allergies, swelling of the head and neck, muscle weakness, problems of the nervous system including abnormal sensations such as tingling, dizziness, sleeplessness, memory impairment, and shaking, nerve damage including in muscle tissue, progression of cataracts, and taste disturbance.
- **Postmarketing Experience:** In addition to the events reported above, other lipid-lowering drugs similar to PRAVACHOL, the following side effects have been reported rarely during post-marketing experience: muscle weakness, muscle breakdown, dysfunction of certain brain nerves (including alteration of taste, impairment of eye movement, facial paralysis), damage to nerves causing weakness and/or abnormal sensation, severe allergic reaction (anaphylaxis), lupus-like syndrome, severe pain and stiffness of muscles, muscle weakness with muscle loss, inflammation of the blood vessels, skin bruising, low iron, abnormal blood tests, arthritis, joint weakness, sensitivity to light, chills, fatigue, severe skin disorders that vary from rash to serious burn-like shedding of skin all over the body including mucous membranes (such as the lining of the mouth), inflammation of the pancreas, inflammation of the liver, jaundice, fatty change in liver, severe liver damage and failure, liver cancer, a variety of skin changes (e.g., nodules, discoloration, dryness of mucous membranes, changes to hair nails), breast enlargement, liver test abnormalities including elevations of alkaline phosphatase and bilirubin, and thyroid function abnormalities.
- **Laboratory Test Abnormalities:** Increases in certain liver enzymes have been observed (see **WARNINGS, Liver**). Temporary increases in certain white blood cells have been reported. These increases were generally not associated with symptoms and usually returned to normal despite continued therapy. Low red blood cell and white blood cell and platelet counts have been reported with lipid-lowering drugs similar to PRAVACHOL.

How should I take PRAVACHOL? (DOSAGE, ADMINISTRATION AND OVERDOSAGE)

Patients should take PRAVACHOL exactly as their doctors prescribe it. The usual dose of PRAVACHOL is 1 tablet once a day. PRAVACHOL comes in different dosage strengths and the patient's doctor will prescribe the dose that is right for the patient. The doctor may adjust the dose. A patient taking PRAVACHOL should not change the dose without talking to their doctor. PRAVACHOL may be taken with or without food.

If a patient misses a dose of PRAVACHOL, the dose should be taken as soon as the patient remembers. **Patients must not take 2 doses in the same day.** If a patient takes too much PRAVACHOL, the patient should call their doctor or Poison Control Center [illegible].

The lowest dose of PRAVACHOL is recommended in patients with a history of significant kidney or liver problems and in patients taking immunosuppressive drugs such as cyclosporine.

NOTE: This summary provides important information about PRAVACHOL. If you would like more information, ask your doctor or pharmacist to let you read the information about PRAVACHOL that is written for health professionals and then discuss it with them.

Bristol-Myers Squibb Company
Princeton, NJ 08543 U.S.A.

Issued. December 2



This Mother's Day, do something that's good for you and your family.

Start your morning off right with a glass of Florida orange juice. One glass of orange juice is naturally rich in vitamins, minerals and antioxidants that your body needs. Naturally fat free and cholesterol free, it's a great way for the whole family to start the day.

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BISSELL
WE MEAN CLEAN



"Our five c children le their own lives," says Barbara Al 42. "But ou toddlers br us all toget

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to my kids. I
like this could
Being a
easier to be in the
Actually, that's the unexpected bonus of divorce: As a single mom, I'm closer to my kids than I might have been.

"On the other hand, one of the drawbacks is that for years I had very little social life. I had no time for it, and the kids didn't want me to date. But after a while, I needed some adult companionship. I tried an online dating service, and to my surprise, quickly met Michael, an incredible person. The rest, however, wasn't so simple.

"Ask any single mom: Dating is an obstacle course. When Michael and I first started going out, my daughter would call me on my cell phone three times a night to check on me. Meanwhile, I wouldn't let him come to our house; in fact, I waited six months to introduce him to my kids. Finally, I brought him to a family gathering, thinking a group setting might defuse the tension. Boy, was I wrong. My daughter wouldn't even speak to him, my son was openly hostile, and Michael's reaction was, I don't know if I can do this!

"This year the four of us drove to that same annual party together, and I had a wonderful moment when I realized how things have changed. The four of us had been laughing and enjoying ourselves from the minute we got in the car. At the party, my daughter made sure that Michael got a piece of cake. That's when it hit me. We were a family.

Who: Barbara Alessi, 42, full-time mother and part-time student
Where: Chili, New York
Mother of: Kate, 20, Ben, 19, twins Molly and Braden, 3
Stepmother of: Andrew, 28, James, 25, Erin, 22
Grandmother of: Zachery, 13 months, and Grace, 3 months

When Barbara and her husband, Joseph, 52, a manager at Eastman Kodak, wed eight years ago, their five children from their first marriages ranged in age from 10 to 20. Now two of those kids are parents (daughter Kate, a college student, is the only one who still lives at home). Three years ago, the Alessis decided their house wasn't feeling full enough, so they adopted two infants, Molly and Braden, from Vietnam.

"A few decades ago, you raised your kids, sent them off, and retired to Florida. Nowadays, when you're in your 40s, you still have your life ahead of you. My friends have disposable income and I have disposable diapers, but I love being a mom and I'll still have plenty of time to focus on myself later.

"And it's easier the second time around. You know how you love your first child so much you're afraid you'll never be able to feel that same love for your second? Then you learn there was nothing to wo about at all. It's the same way w adoptive kids. From the mom they placed Molly and Braden in arms, there's been no difference tween the way I feel about them a the way I feel about the kids I g birth to. In fact, when I get my p tures back from Wal-Mart, I'm ways surprised and think, Oh gosh, I have Asian children.

"From the early days of their fancy, I found I was more relax about mothering than I was the fi time around. Back then, if I heard sneeze, it was, Quick, call the doct Now when my son sticks a pea his nose, it's, Hey, I've been here b fore. It also helps to have a grow daughter in the house; whether it fixing their lunch or having a dan party in her room so I can get som thing done. Kate is right there wit out even being asked.

"Of course, it isn't always eas Last year, around the time Ben g his night driver's license, I remem ber saying to my husband, 'There no way we should have done 18 an 2 at the same time.' You're up at 6 i the morning with the babies, the up half the night worrying abou your new driver. There's overdu homework in the trunk of the ca and Cocoa Puffs in

CONTINUE



hen your allergy medicine lets you down, you're not the only
e who suffers. Ask your doctor about switching to Zyrtec®
cirizine HCl). No other allergy medicine is approved to treat
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prescribed antihistamine by doctors who treat allergies and children.*

Zyrtec

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w.zyrtec.com | The most common side effect was drowsiness. Others included dry mouth and tiredness.
00-ZYRTEC-2 | Most were mild to moderate, but most people weren't bothered enough to stop taking it. | (Zur'-tek)

ease see important information about Zyrtec 5-mg and 10-mg tablets and 1-mg mL syrup on the next page.

ZYRTEC

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Continuing (chronic) hives

What Should I Tell My Doctor Before Taking ZYRTEC?

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Who Should Not Take ZYRTEC?

ZYRTEC And Other Medicines
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prescription including nat

How Do I Take ZYRTEC?

with or without food at any time of the day. Your doctor w

ZYRTEC Tablets Adults and Children 12 Years and Older: Ta
ZYRTEC Syrup Use a spec al medicine-dosing spoon whe
teaspoons are not accurate. Children 6 to 11 Years: Give ZYRTEC syrup once a da. Children 2 to 5 Years:

nfants 6 Months

to 23 Months: The recommended dose s 1 2 teaspoon 2
months can be increased to a maximun

What Are The Possible Side Effects?

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Children 3

CAUTION: Some people may feel sleepy when taking ZYRTEC. Be careful doing things where you need to be alert (such as driving a car or using dangerous machinery). Do not drink alcohol or use other medicines that make you sleepy while taking ZYRTEC

What To Do For An Overdose?

How Should I Store ZYRTEC?

For More Information About ZYRTEC

General Advice About Prescription Medicines

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ucb Pharma

the VCR–neither of which, of course, belong the Eighteen is, 'Can I have some money? See ya l bye,' and 2 is 'I need juice *now*,' while clinging your legs like Velcro monkeys. But even when fed up with the rest of us. Ben will sit on the fl with his little brother and play with the 15-year Matchbox cars he's handed down. He's always smiles and hugs for Molly and Braden."

Who: Tina Georgeou, 52, former advertising executive
Where: New York City
Mother of: Lauren, 12 months

After graduating from college and working a high-powered career, Tina met and married Steven, 57, and got pregnant at age 50. She is currently staying at home with baby Lauren.

"Although I've always loved children, my care was the driving force for me. Right out of gradua school, I took a job at a big ad agency and within few years, I was working on major international a counts. I was transferred to Mexico City, then Paris, and finally to Montreal, where I lived for years. It was there that I left the firm and started n own agency with a partner. As I reached my late 30 I wasn't as desperate about having children as son women are–for me, the bigger concern was findin someone to share my life with.

"I met Steven one summer in the late '70s in group beach house, and we kept track of each othe from a distance over the years. He too had not ma ried, due to travel and career demands. When h came to Montreal on a business trip in 1991, we re connected. Gradually, it became a serious long distance romance.

"Even though I was 43 and he was 48 when w married, having children wasn't the first thing on ou agenda. We'd really wanted to settle in and enjo each other first. But as time went on, it seemed tha something was missing. We had so much love be tween us, and we wanted to share it. The decision t have a child took some time–good thing it didn' take any longer than it did! And we then had to ask ourselves if it was right for us to bring a child into the world at our age.

"The decision was the hardest part; after that everything went smoothly, with some help from my doctor, of course. My pregnancy was wonder ful–I worked right up until my due date–and my labor, something I had always imagined as very

v hard, wasn't so bad after all.
Originally my plan was that I uld take just the minimum ount of time off. I had even al dy hired a nanny. But sometime o the maternity leave, I realized I sn't going back to work, at least right away. Since Lauren's birth, been a miracle to me how much : mothering instinct, the protec- e, intuitive energy, has taken over. ust want to stop time and take nplete advantage of it. I planned nurse only three months, but I yed with it for nine months. And ıen I do go back to work eventual- it could be as a consultant so I n control my time.

"Having never had a baby at a ung age, it's hard to know what e differences might be. So far, I haven't found the physical aspects of Lauren's care so taxing. The late nights, the all-day care, the constant vigilance—yes, it all requires a lot more attention and alertness and energy than I ever expected, but it's certainly nothing I can't handle. Are all new mothers surprised by how absorbing it is? I don't think I would have been any better at it if I were younger. The fact is, this was the right time for me." CONTINUED



"I reached a point in my career where I had attained most of my goals," says Tina Georgeou, 52. "I was ready for a new challenge"



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"My older gi were teenag when Shelb was born," says Sue Ru 48. "They became her second and third mothe

Who: Sue Ruby, 48, membership director for Maryland Public Television
Where: Baltimore
Mother of: Christine, 30, Vikki, 26, and Shelby, 12
Grandmother of: Camie, 6, Hannah, 3, and Owen, 2

Sue had her first daughter when she was 17 and her second four years later. Her first marriage ended when the girls were 14 and 10; she remarried and had another daughter before that marriage also ended. Today Sue's older children are mothers themselves, and Sue helps raise Vikki's kids, Camie and Owen.

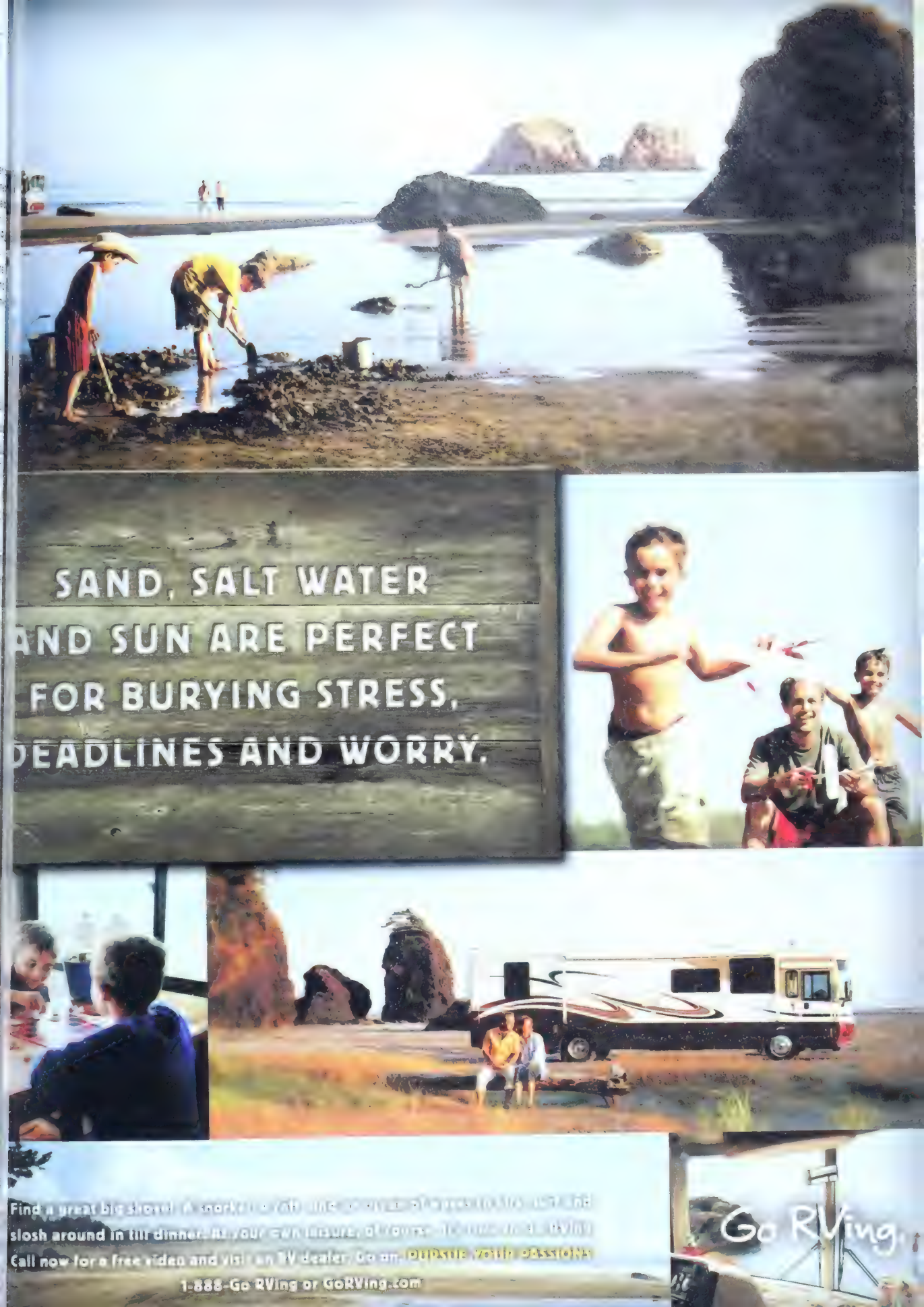
"In my family, history has a way of repeating itself. After my first husband and I split up, my folks saved my life by watching Christine and Vikki while I went to work. Now I'm on the program too—I take care of Vikki's kids on her ex-husband's off weekends so she can go to school. My daughter, Shelby, who's 12, and my grandkids and I have a great time. I can't imagine not having them all around!

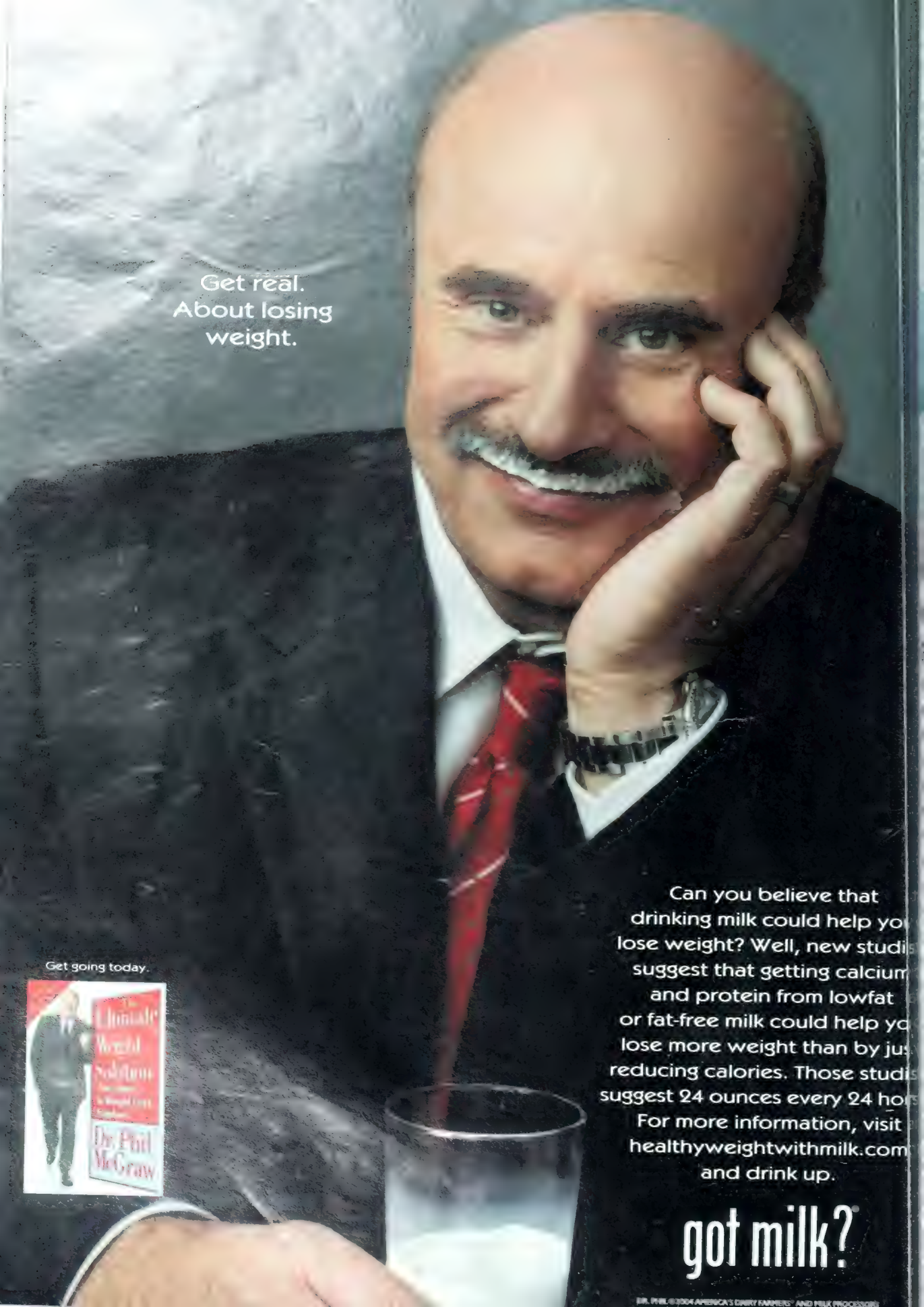
"Extended family was always a part of my life. Growing up, our house was full of relatives. Today what I think of as my immediate family spans four generations: my parents, my daughters, my grandkids and me. We all live close by and I'm on-call for everyone. For example, I'll drive my grandkids school in the morning if their m needs to work early. We even ta extended-family vacations. Th year all of us—my parents, who a in their 70s, included—are going Disney World.

"Truthfully, there was a tim when I was more driven by care than family. I was going to work 7:30 in the morning and leaving 11:30 at night! But the older I' gotten, the more I've seen the a solute importance of family. Now believe that providing love and s curity for my children and gran children is the greatest cause of all.

"The key thing about work thes days is the steady income for m family. I love being the provide When my older girls need some thing they can't afford, I step in This year was tough for Vikki fi nancially, and I was happy to mak sure there were plenty of Christma gifts under the tree for her kids.

"Because I was so young when they were born, Vikki, Christine and I grew up together. When Shel by came along, I was a lot smarter and more prepared. Because I have more time for her. I've been able to focus on her in a way I couldn't for her older sisters. And being a young grandma is great. I can get down on the floor with them and toss 'em in the air just like a parent. For me, that's the biggest thing."


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suggest 24 ounces every 24 ho
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Does He Feel What You Feel?

You might have married a man who never sniffled at sad movies, but if you're prone to choking up at the cineplex, he may soon be sharing the tissue box with you.

In fact, the longer couples stay together, the more aligned their emotional responses become, says a recent study from Northwestern University in Evanston, Illinois, and the University of California, Berkeley. Researchers suspect the phenomenon has to do with being repeatedly exposed to one another's emotional reactions. Husbands and wives may subconsciously adopt each other's attitudes about what's an appropriate response.

So who adopts whose style? Researchers say couples are more likely to gravitate to the attitudes held by the more dominant member of the pair. So if your husband is the one who usually calls the shots, you may soon find yourself trading in the box of tissues for a carton of popcorn.

—Rebecca Gardyn

When It's *Good* to Get Angry

Contrary to what your mother told you, a scowl may be more effective than a smile, at least when it comes to negotiating. "Happy folks tend to get smaller concessions during negotiations," says Donald Moine, Ph.D., a Rolling Hills, California, business psychologist specializing in sales and negotiation psychology. He suspects a little ire wins the battle because someone who is peeved is thought to have hit the end of her limit—a car salesman would rather give in to your wishes than see you walk out the door. The trick is to show just a whiff of indignation and resist blowing your top, says Dr. Moine.

—Rachel Grumman



What Your Favorite Music Says About You

Reading your horoscope can give you insight to your personality, but looking at your CD collection may be even more revealing. The type of music you listen to says a lot about the kind of person you are, according to a recent study from the University of Texas at Austin. The research looked at musical tastes of 3,500 people, most of whom also took eight different attitude and IQ tests. Listen up:

You Like	You Tend to Be	You Tend Not to Be
Country, Pop or Religious	Reliable, agreeable, outgoing and a good neighbor who enjoys helping others.	Up for adventure. You prefer to stick to your daily routine.
Classical, Jazz or Blues	Curious and open to new experiences, tolerant and interested in other's opinions.	Athletic. And do you adhere to conventions.
Alternative, Rock or Heavy Metal	A risk-taker who doesn't hesitate to speak your mind.	The-life-of-the-party type. You'd rather take on a solitary pursuit.
Soul, Hip-hop or Dance	Talkative and energetic.	Argumentative. You'll fight back if pushed, but rarely instigate.

—Melinda Page

LHJ.com **Assess life, love and lies with our online quizzes: www.lhj.com/mylifequizzes**



ATTACK OF THE HIGH-TECH GADGETS

It's a special day—the year anniversary of the day I bought a $500 Sony Digital Handycam. However, I still have not a single moving-picture moment of my children to show for it.

Why? While I do, in theory, understand how to push a button and point a camera, I haven't a clue how to get that movie *out* of the camera. Nor can I decipher the 218 pages of directions: "To view pictures at double speed, press X2 on the Remote Commander during playback. For double speed playback in the reverse direction, press <, then press X2 on the Remote Commander. To resume normal playback, press . . ." What's a Remote Commander anyway? The guy helming the Starship Enterprise?

There was a time when I knew how to operate every electronic item in my house. Now I consider myself lucky if I pick up a phone and successfully dial it. There are about 67 other things my phone can do, but I can't do any of them. I'm also not sure how to take a picture with my new wireless phone, but more to the point, I don't know why I *should* be taking pictures with it.

To say I hate all this gadgetry is too simplistic. I do love my computer, my e-mail, and of course, my online shopping. But as far as I can see, a lot of the latest cool stuff has no reason for existing, which is why I adore a cartoon I saw recently of a woman shopping in an electronics store. In it she was asking the man behind the counter, "Do you have anything newer and more useless?"

It would be easy for me to turn my back on technology if I weren't, on some level, dazzled by it. Who wouldn't want to zap a photo to scores of relatives without ever leaving your Barcalounger? My gripe is that this stuff is so maddeningly hard to learn. I often feel there's a pimply geek—the inventor of the item in question—hiding in every appliance in the house. He's mocking me, saying, "Ha ha, I couldn't get a date in college, but now look how I've screwed up *your* life."

Every now and then, I even come up with an outlandish idea for a device and then discover it actually exists. I began wondering why we didn't have washer-dryers that require onboard computers. Har-de-ha, aren't I a card? Then I discovered a washer-dryer that runs on wireless technology and is advertised with this come-hither sales pitch: "The washer-dryer can download the washer-dryer software for new clothes from the home terminal, and it can be carried out. When this washer-dryer breaks down, an error code is transmitted to the home terminal." I can't be happy about a world where one requires an information technology SWAT team to get clean, fluffy clothes.

Despite my uneasy relationship with technology, I seem to have bought into the American ideal that while there may be an easy way to do something, it's much cooler to do it the hard way. This is the only possible explanation for my microwave. Why should I have a microwave that just heats food quickly? If I buy one that has, say, 10 buttons with labels like "Inverter Turbo Defrost," I can accomplish the same thing without ever being able to figure out whether the dish will come out lukewarm or the approximate temperature of the earth's core.

Next week, I'm paying my friend's 16-year-old son $50 to come to my house and teach me how to install the software necessary for downloading movies from my camcorder, should I ever remove it from its box. Then I'm going to put the entire set of instructions through my new paper shredder. Then I'm going to sharpen a pencil. Why? Because my new paper shredder comes with an electric pencil sharpener, and it's the one item in my house I know how to use.

BY JUDITH NEWMAN

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"All She Does Is Complain"



Carla, 25, newspaper reporter, Leonia, New Jersey: "Linda and I have been best friends since grade school. She has a quirky sense of humor, and we can talk about pretty much anything. When we went off to different colleges, we vowed to stay in touch and visit on weekends. I loved my classes and also found a caring guy, but she was dating a loser. All she did was complain. I started to feel bad whenever I mentioned something positive. And Linda would interrupt and go on about her misery. Eventually I stopped trying to tell her about anything, good or bad.

"I let things go on this way for several years, since we didn't see each other that often and I had other friends. But Linda's constant complaining has only gotten worse. These days she whines all the time about her boss at the firm where she's a legal secretary. When we met recently for lunch, I was hoping she'd be her old funny self and say something that would make me laugh. But that never happened. I admit that I've been wimpy about speaking up about the problem, but I'm now at the point where I wonder whether our friendship is worth saving. The fact is, she treats our other friends well. My husband and I went to a wedding shower a few weeks ago where she cracked jokes and had real conversations with people. I guess I'm the only one she wants to complain to. Is there anything I can do to change this? I want to, but I don't know."

The counselor's response: "Because Carla has allowed the situation to go on for so long, confronting Linda might not help. Linda hasn't been given any clues over the years that her behavior irritates Carla, so she'd be taken by surprise and would surely be hurt and upset. Here's something I tell my clients: What you accept, you teach. In other words, Carla has taught Linda that her constant complaining is acceptable. Also, Linda's behavior is sort of a compliment to Carla: she trusts Carla as her confidante. That doesn't mean, however, that Carla has to put up with never having a chance to talk about her own issues and problems.

"How can she make this a true friendship once again, with give and take on both sides? The next time Linda launches into a gripefest, Carla might suggest they brainstorm ways to solve Linda's problems instead of listening to her recite the same litany over and over. That may turn what has been an exasperating situation into a productive one.

"If Linda continues to complain, Carla should try telling her about a problem of her own. If Linda interrupts, Carla can say: 'This issue with my mother-in-law is as important to me as your issue with your boss. I'd love to get it off my chest and see if you have any ideas about how I can solve this.' That will give Linda a sense of being needed by Carla, which might jolt her out of her self-absorption; it will also help Linda see that Carla's life is not as charmed as she has imagined. And hearing Carla say she wants help from Linda will go a long way toward encouraging Linda to treat Carla as a true friend with needs of her own."

BY SONDRA FORSYTH

The story told here is true, though the names and other details have been changed to conceal identities. The counselor, Gilda Carle, Ph.D., is an associate professor of psychology at Mercy College in Dobbs Ferry, New York.

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Try not to think about it. In a few minutes you'll have [illegible]. So what if she has to look at your feet? They're just like any other feet and–aaaargh! No they're not, they're gross! Relaaaax!

And so it was I found myself fleeing, yet again, from a near-pedicure. I envied other women's coral-colored button toenails peeping out prettily from sandals, yet every time I thought about a stranger, in a public place, bending over my large, pale, calloused feet, clipping away at the cuticles, I'd chicken out.

Inhibition, the suppression of something we'd dearly like to say or do, involves a complex cocktail of personality traits. It combines perfectionism, lack of confidence, self-consciousness and anxiety with just a dash of narcissism: After all, in order to feel as tortured as I do at the prospect of a pedicure, I have to believe in my feet's unique ability to be more disgusting than anyone else's.

Although "shy" and "inhibited" are often used interchangeably, they are subtly different. Shyness implies an overall desire to retreat in social situations, while inhibition is more selective, referring to anxiety in speci circumstances: adoring music, b not daring to join the church choi knowing the answer cold, but beir afraid to raise your hand in class.

There's no denying, of course, th inhibitions have their uses, keeping th lid on some of our more primitive in pulses. It is doubtlessly a good thin that the moment we're hungry, w don't start spearing lizards on the high way, or that we don't instantly strip a the sight of an attractive stranger.

But if necessary inhibitions kee society from spinning into chaos, th unnecessary ones–the ones that hin der our ability to meet new people mingle at a party, take a better job– keep us running in place instead o moving forward. They make us ham sters on the exercise wheel of life.

WHERE DO INHIBITIONS COME FROM?

For years, psychologists pointed the finger at Mom and Dad (mostly Mom, natch): Social anxiety and inhibition resulted from–take your pick–parents who were overprotective or parents who CONTINUED

BY JUDITH NEWMAN


[NHIBITIONS!

ologist
.D., found that a
ard intro- or extro-
vealed itself within the first few
Dr. Kagan observed
a group of children from the ages of 2 through 22, and found that the way a 2-year-old responded to a new situation—with either fear and anxiety or pleasure and curiosity—was a remarkably accurate predictor of how he or she would react at 22. So the child who has a meltdown at her first circus may well become the adult who breaks into a sweat at having to give a toast at a wedding. About 10 percent of us, Dr. Kagan found, are extremely inhibited; 20 percent are extremely uninhibited; the rest fall somewhere in between.

But biology need not be destiny. Inhibition, after all, exists on a continuum. It's not unusual for otherwise self-confident people to have one or two areas of life where they simply freeze up. I'm a case in point. I have never been a wallflower: At a party, I'm only one tiny vodka gimlet away from being the idiot with the lamp shade on her head. And while I don't exactly love my body, when it comes to amour I can happily lose myself in the moment. Yet sleep naked (as my husband would prefer)? No can do.

For most of us, inhibitions can be traced to what we believe is a personal deficit—we lack experience, know-how, the perfect body, quick wit. So we retreat rather than risk making a bad impression. "If you're hyperaware of
's vocalities you think,
you think I'm foolish
Mark R. Leary,

Ph.D., the co-author of *Social Anxiety*.

The other big driver is fear of failure—or, if not failure, then of not doing a job that meets our own (often unreasonably high) standards. "The more of a perfectionist you are, the more inhibited you tend to be," says Patricia DiBartolo, Ph.D., an associate professor of psychology at Smith College in Northhampton, Massachusetts, who has studied the relationship between

"The only person demanding perfection from you is you"

social anxiety and perfectionism.

Rebecca Hayes, a stay-at-home mother in Milwaukee, understands. "I want to lose my pregnancy weight," she says. "But I have a block about starting weight training, not because I'm lazy, but because I worry so much about getting it right." Hayes—in addition to feeling ungainly and "scary in Lycra"—feared that she would either hurt herself because she didn't know what she was doing or would never get beyond the itsy-bitsy weights and be perceived as a weakling.

REFOCUS YOUR MENTAL ENERGY

And that, of course, is the crux of the problem: Inhibited people are preoccupied with how others see them. "To lose our inhibitions," says Jane Greer, Ph.D., author of *Gridlock: Freeing Yourself Emotionally to Move On in Love, Work and Life*, "we must first conquer our fear of standing out from the pack." The key, she says, is to realize that nobody is paying nearly as much attention to what you say or do as you are. You need to get the fo
away from yourself and your p
formance and redirect it to issues
side yourself: what you're going
experience, what you'll share w
other people. "Then, instead of be
scared of letting go," says Dr. Gre
"you feel excited about having fun."

This strategy worked for Kather
Dube, a lecturer at the University
New Hampshire in Durham. "My
vorite bar had karaok
every Thursday night
says Dube. "For months,
watched my friends be
out their versions of 'Tot
Eclipse of the Heart' an
'Magic Man.' But no ma
ter how much they plea
ed, I would not sing—not eve
backup." Yet Dube, who claims to hav
"a terrible voice," realized that he
friends weren't exactly Celine Dion
And they were having so much fun!

The karaoke bar was about to g
out of business when Dube's friend
signed her up to sing before she coul
back down. Facing a small crowd o
mostly people she knew, Dube "imag
ined the possibilities—being booed of
the stage, people laughing silently in
slow motion, the deejay stopping the
music because it was just too awful."
Two friends grabbed mikes and went
onstage with her as backup. Dube be-
gan to sing, a little stiffly at first, but
"no one noticed, probably because
my friends were doing high kicks and
spins. Then, they got so distracted
with their moves that I had to sing
solo." Alive, at last, in the moment,
Dube finally grasped that "all those
possibilities I'd feared weren't going
to happen—because they didn't exist."

Although simply telling ourselves that we have nothing to fear rarely works (it's rather like telling a depressive to "cheer up"). CONTINUED



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Dr. L… …ytical ap- …s think …metimes, …nswer is yes (in a …n, for example). But …t of the time, we can rationally conclude that other people's opinions do not matter—nor does the quality of our performance. (No one expects an accountant to be a second Fred Astaire, for heaven's sake.) "The only person demanding perfection from you is you," says Dr. Leary.

In cases where genuine shortcomings are holding us back, the solution is to fix them. "If there's a behavior you're inept at, you can learn new skills," observes Dr. Leary. Hayes, afraid of using weights incorrectly, sought advice from the gym's trainers. A recently divorced friend of mine, who was avoiding social gatherings, took a class in assertiveness training.

As for me? Before scheduling another pedicure appointment, I undertook an in-depth study of other women's feet. What I discovered is that most are like mine: stubby nails, dry skin, not exactly objects of beauty, and all ripe for improvement! I commi… myself to one test run. If it was … horrible, I'd never have to do it aga…

I disliked the foot massage … cringed with embarrassment at … callous removal. And yes, I dran… glass of wine beforehand to steel … self. But I am now staring at my t… rounded, blood-red toenails, de… ciously gothic against my pale (da… say alabaster?) skin. Woo-hoo!

Today I bought a pair of sanda… my first. Summer's almost here.

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QUIZ: …

You want to get in shape and are perusing the gym's schedule for an exercise class. You think:

a. They offer "strip-tease aerobics"? Where do I sign up? (9)

b. A step class would be good. It worked wonders in the past. (5)

c. A class? You mean, exercise with *other people*? Fuhgeddaboutit! (1)

Your husband suggests a new lovemaking move that involves putting a mirror in the bedroom. What's your reaction?

a. Change the subject, pronto! (3)

b. Promise to consider it, but only after you go on a diet. (4)

c. Run out and buy a full-length, three-way reflecting wall! (7)

You need a swimsuit to hit the beach. Your choice is:

a. A tankini—practical, but cute. (5)

b. A maillot with a skirt attachment. And a sarong. And a sweater. (1)

c. A neon-print hip-hugger bikini. (8)

The airline lost your luggage. You've got no jammies, and you and your husband must sleep naked. You:

a. Wrap yourself in a sheet and stay put. And worry that the smoke alarm will go off at 4 A.M. (1)

b. Take the opportunity to snuggle with your husband and vow to "lose" your jammies more often. (6)

c. Think, what's the big deal? You didn't even pack jammies. And who calls them jammies, anyway? (7)

As maid of honor for your friend's wedding, you'll be giving a speech a… the reception. During the ceremony, your stomach is filled with:

a. Butterflies of excitement. Enough with the vows, you want your turn in the spotlight! (9)

b. The ache of dread. Why did you agree to such public humiliation? (3)

c. Serene contentment. This is the loveliest ceremony ever. (6)

You're taking ballroom dancing, and your husband can't make tonight's class. You dance with:

a. Nobody—you stay the heck home! (1)

b. The teacher. (4)

c. Whoever looks like he'll let you lead. (7)

—Amy Keyishian

WHAT YOUR SCORE REVEALS

(10-22) You're a Shrinking Violet
You're not just inhibited—you're terrified! "You only have so much energy," says Kate Wachs, Ph.D., author of *Relationships for Dummies*. "If you waste it on angst and second-guessing everything, you're not using it for productive, creative endeavors." Instead, relax and take a … nce, or risk missing out on all the … e wants to throw your way.

(23-35) You're Well Balanced
You know when to stand up for yourself—and when to sit down and let someone else have the spotlight. "It's good to assert your rights while also showing respect for other people's feelings and concerns," says Dr. Wachs. "That's the definition of assertive—as opposed to aggressive." Keep up the good work, and enjoy cutting loose when the time is right.

(36-47) You're Over the Top
It's terrific that you're so confident—but you don't have to be the life of every party. "If you're truly secure," says Dr. Wachs, "you allow others to take the lead occasionally without feeling upstaged. People won't appreciate your need to always be in control." So, every once in a while, count to 10 and turn up your internal shusher.



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WHY MOTHERS ARE A GIRL'S BEST FRIEND



Who else will ever know us better, or love us more? Even as grown-ups, we crave their applause, their compassion and their unending devotion

BY PEARL KLASS

These days, I call my mother every morning somewhere amid the chaos of waking, washing, breakfasting and remembering the lunch boxes, of driving my 14-year-old daughter and 9-year-old son to the bus stop or to school, of tackling the e-mail, voicemail and snail mail when I finally get to my office. It's our ritual, one that began after my father's death three years ago. Every time she answers, I'm struck by the unmistakable delight in her voice at the sound of mine. There probably isn't anyone else in the world who is as glad to hear from me, who is as sincerely interested in the details of my life, in my firsthand reports of what I have to do that day, or even in my secondhand account of what my young son thinks about the latest Red Sox game.

What are we doing, my mother and I, with all these phone calls? Staying in touch, letting one another know that another day is beginning and all is well—no small thing anymore, in the world we live in. We are establishing our places, too: Whatever else I may be, I'll always be your daughter; whatever else you are, you'll always be my mom. But we're also becoming friends, both of us adults, independent of one another, yet deeply connected.

I have to reach back a long way to remember another time when every day began with my mother's voice—all the way to my early teens, when the two of us lived under the same roof and our connection

pattern.

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r standing

later, when a

health declines, the relationship is demanding for daughters," says Karen Fingerman, Ph.D., associate professor of human development and family studies at Purdue University in West Lafayette, Indiana, and author of *Aging Mothers and Their Adult Daughters: A Study in Mixed Emotions*. "However, during the period in between, which can last for decades, feelings of closeness between mothers and daughters reach their peak. At the same time, there are complexities and nuances in the relationship that allow both women to accept each other's negative qualities in the same way they might in a friendship. It's much more emotionally rich."

Part of the harmony stems from the fact that with the fractiousness of the early years behind them, both mother and daughter are on their best behavior, according to a 2001 study by Dr. Fingerman and Eva S. Lefkowitz, Ph.D., assistant professor of human development at Pennsylvania State University in University Park. The researchers asked 46 mothers, ages 69 to 93, and their middle-aged daughters, ages 32 to 60, to look at a photograph of a mother-daughter pair and write a story about it; mothers and daughters were then brought together and asked to prepare a joint story. The researchers, who monitored the pairs' conversations during the process, found that no matter how the women performed the task—some daughters simply submitted their own version or suggested their mother do so, while other pairs wrote a new story together—their interactions were far more positive than negative: Rating the amount of negative behavior on a scale of 1 to 5, the researchers gave a 1.2 overall score for the mothers and 1.3 for the daughters. "We found that middle-aged daughters tended to dominate the conversations, which is the opposite pattern of what studies have found with adolescent daughters and their moms," says Dr. Lefkowitz. "But even though they structured the conversations, middle-aged daughters gave their moms plenty of encouragement and support."



Having children of our own deepens our understanding of who our mothers really are

When I think about my relationship with my mom, the findings don't surprise me. I was consis rude to her as a teenager—I wa kind of kid who often respond some innocuous comment 'Good morning, dear!' with a A heartfelt, somewhat pained tion like "Why are you ing this?" was met with off my back!" I was by t sullen, needy and resent had an arrogant certa that I'd arrange all aspec my life in ways that w absolutely leave my mo in the dust. Forgiving as is, my mom insists that I a "complicated but inter ing" teenager, occasion challenging, but always triguing. I know better. I member, on a family trip Europe when I was 14, tering on the deck of a fe near a group of guit strumming college studen hoping they'd take me fo fellow globe-trotting sophi cate—then biting my mo er's head off when she ask me to hold my little siste stuffed monkey.

On the other hand, sooner had I started colle when my feelings subtly sta ed to shift. My very fir morning in the dorm, the phone ra rather early, and I jumped out of be to grab it so my roommate wouldn be awakened. It was my mother. just went into your room to wake yo up and you weren't there," she sai laughing, though she was slightly tea ful, too. I laughed along with her, bu I also felt a slight catch in my throat There was something extraordinar in her ability to feel wistful abou not having me there to rouse, de spite all my years of sour CONTINUE

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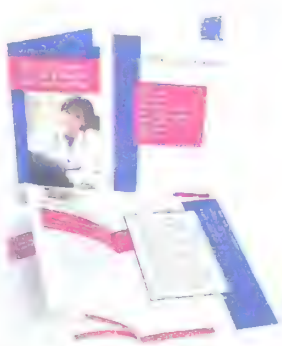
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nd un-
r ability to
f everyday
her love. Still, I
ssed any threshold.
mmate looked at me
blearily on her way to the bathroom. I
and said, "*My mom*,"
and she nodded knowingly back.

As you grow up, you learn and relearn something you knew as a very young child—that sometimes, only a mom will do. Twenty years ago, when my first child, Orlando, was born, my mother flew up from New Jersey to Boston, and it was she who was with me and Larry for the 24 hours of labor. In the delivery room, I remember thinking, 'I'm so happy she's here, because she's done this before—I mean, here I am, so there *must* be a baby at the end of this.' And when it came time, both of them held me when the baby was born, and we turned into two parents and a grandmother.

For many of us, having children of our own changes and deepens our understanding of who our mothers really are, and why they did the things they did. "I used to be annoyed at my mother for how much she worried about me and my siblings when we were growing up," says Eileen Costello, 46, a Boston doctor and mother of three, who admits to waging a prolonged rejection of her mom as an adolescent. "Then I had kids of my own, and began suffering myself from the anxiety that comes with motherhood—you know, fretting about things happening to the children, or things *not* happening to the children, completely."

With that understanding comes the knowledge that our moms are not going to be around forever. Just when we are getting to know them, it seems, they are getting ready to leave us. "I miss being able to talk to her,"



says Elizabeth Barnett, 48, a physician whose mother died two years ago. "There are so many questions, like 'Were you always home when we came home from school?' or 'How did you handle sibling rivalry?' that I can't ask her about."

Making friends with your mother is a way of acknowledging that you yourself have really grown up. Yes, she's still Mom and takes care of you when nobody else does, but now you need her as someth other than a caretaker. You can un stand and appreciate one anoth what you have in common as we your differences—and savor the g times when you laugh together or a good meal or take a l trip. My mother is m than a friend: I know, d in my soul, that she'll proud—sometimes dispro tionately so—if I call w any kind of good ne about myself or my fam She's the person who, m than anyone else, wishes well; and she's the o whose joy and approva want most.

So we keep some of t roles that go all the way ba Even now, when I visit m mother, she makes me te hands me a mug and napk and spoon and a tiny dish receive the tea bag. When sleep over, she makes the b in the morning while I' brushing my teeth. No o else in my life, needless say, waits on me like this; fact, like any mother young children, I spend good deal of time mutterin to myself how nobody *ev* wraps food up properly before puttin it in the fridge or takes a proper phon message. Sitting in my mother's apar ment, carefully taking off the little ti foil cozy she's fashioned for the mu to keep my tea warm, I relax into th guilty, never-outgrown pleasure o spending time with someone wh loves me without limit.

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What is STRATTERA?

Hyperactivity Dis... ...TTERA contains atomoxetine ...bitor. Your doctor ...reatment plan to control

What is ...

...ymptoms: inattention, hyperactivity, and ...nattention include not paying attention, ...ot listening, not finishing tasks, not following ... easily distracted. Symptoms of hyperactivity and ... fidgeting, talking excessively, running around at ...opriate times, and interrupting others. Some patients have more symptoms of hyperactivity and impulsiveness while others have more symptoms of inattentiveness. Some patients have all 3 types of symptoms.

Symptoms of ADHD in adults may include a lack of organization, problems starting tasks, impulsive actions, daydreaming, daytime drowsiness, slow processing of information, difficulty learning new things, irritability, lack of motivation, sensitivity to criticism, forgetfulness, low self-esteem, and excessive effort to maintain some organization. The symptoms shown by adults who primarily have attention problems but not hyperactivity have been commonly described as Attention-Deficit Disorder (ADD).

Many people have symptoms like these from time to time, but patients with ADHD have these symptoms more than others their age. Symptoms must be present for at least 6 months to be certain of the diagnosis.

Who should NOT take STRATTERA?

Do not take STRATTERA if:

- you took a medicine known as a monoamine oxidase inhibitor (MAOI) in the last 2 weeks. An MAOI is a medicine sometimes used for depression and other mental problems. Some names of MAOI medicines are Nardil® (phenelzine sulfate) and Parnate® (tranylcypromine sulfate). Taking STRATTERA with an MAOI could cause serious side effects or be life-threatening.
- you have narrow angle glaucoma, an eye disease.
- you are allergic to STRATTERA or any of its ingredients. The active ingredient is atomoxetine. The inactive ingredients are listed at the end of this leaflet

What should I tell my doctor before taking STRATTERA?

Talk to your doctor before taking STRATTERA if you:

- have or had liver problems. You may need a lower dose.
- have high blood pressure. STRATTERA can increase blood pressure.
- have problems with your heart or an irregular heartbeat. STRATTERA can increase heart rate (pulse).
- have low blood pressure. STRATTERA can cause dizziness or fainting in people with low blood pressure.

Tell your doctor about all the medicines you take or plan to take including prescription and non-prescription medicines, dietary supplements, and herbal remedies. Your doctor will decide if you can take STRATTERA with your other medicines.

Certain medicines may change the way your body reacts to STRATTERA. These include medicines used to treat depression [like Paxil® (paroxetine) and Prozac® (fluoxetine)], and certain other medicines (like quinidine). Your doctor may need to change your dose of STRATTERA if you are taking it with these medicines.

STRATTERA may change the way your body reacts to oral or intravenous albuterol (or drugs with similar actions), but the effectiveness of these ...t be changed. Talk with your doctor before taking STRATTERA ...albuterol.

How should I take STRATTERA?

- ... instructions. This is usually taken 1 or 2 times a day (morning and late afternoon/early evening).
- You can take STR...
- If you miss a dose, take it as soon as possible, but do not take more than your total da...
- Taking STRATTERA at the same time each day may help you re...
- STRATTERA is available in several dosage strengths: 10, 18, ... and 60 mg

Call your doctor right away if you take more than your prescrib... of STRATTERA.

Other important safety information about STRATTERA

Use caution when driving a car or operating heavy machinery u... know how STRATTERA affects you.

Talk to your doctor if you are:

- pregnant or planning to become pregnant
- breast-feeding. We do not know if STRATTERA can pass in... breast milk.

What are the possible side effects of STRATTERA?

The most common side effects of STRATTERA used in teenage... children over 6 years old are:

- upset stomach
- decreased appetite
- nausea or vomiting
- dizziness
- tiredness
- mood swings

Weight loss may occur after starting STRATTERA. It is not kn... growth will be slowed in children who use STRATTERA for a long ... of time. Your doctor will watch your weight and height. If you a... growing or gaining weight as expected, your doctor may change ... treatment of STRATTERA.

The most common side effects of STRATTERA used in adults are:

- constipation
- dry mouth
- nausea
- decreased appetite
- dizziness
- problems sleeping
- sexual side effects
- problems urinating
- menstrual cramps

Stop taking STRATTERA and call your doctor right away if yo... swelling or hives. STRATTERA can cause a serious allergic reacti... rare cases.

This is not a complete list of side effects. Talk to your doctor i... develop any symptoms that concern you.

General advice about STRATTERA

STRATTERA has not been studied in children under 6 years old.

Medicines are sometimes prescribed for conditions that are ... mentioned in patient information leaflets. Do not use STRATTERA ... condition for which it was not prescribed. Do not give STRATTERA to ... people, even if they have the same symptoms you have.

This leaflet summarizes the most important information a... STRATTERA. If you would like more information, talk with your doctor. ... can ask your doctor or pharmacist for information on STRATTERA ... is written for health professionals. You can also call 1-800-LILLY ... (1-800-545-5979) or visit our website at www.strattera.com.

What are the ingredients in STRATTERA?

Active ingredient: atomoxetine.

Inactive ingredients: pregelatinized starch, dimethicone, gelatin, sod... lauryl sulfate, FD&C Blue No. 2, synthetic yellow iron oxide, titan... dioxide, and edible black ink.

Store STRATTERA at room temperature.

This patient information summary has been approved by the US Food ... Drug Administration.

Literature issued January 17, 2003

PV 3740 AMP

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An Invitation to Tea with Mom



Plan a tea for mom with beautiful place settings to tell her how much you want to share time and conversation with her — as well as the tasty treats you've prepared. This spring, set a graceful table with lovely tea plates, pearlescent egg-shaped ceramic placecard holders, and egg-shaped candles perched in egg cups. A set of glass-covered pedestals makes a tabletop statement. The hand-painted glazed ceramic teapot set (inset) features a flowers and ribbons design.



- **Tea Plates** Dishwasher-
  spring gree
  Specify LAB407692 ($
- **Placecard Holders** 2½ inches
  ta . Set of Four Specify
  07684 ($12.95)
- **Egg Cups with Candles**
  LAB407700 ($12.95)
- **Pedestal Servers**
  LAB80409
- **Flower-shaped Cutters** Set of
- **Oval-shaped Cutters**
- **Teapot and Four Cups**

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st? If running a comb through wet hair isn't
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izers, it's the most intense deep therapy available.
geability for dry, damaged hair. From Dove. dove.com

Ask the Beauty Director

Q: I use a flat iron to straighten my hair, but it damages my ends. What can I do to stop this?

A: The flat iron is my favorite tool, too; that's why I'm so pleased to see new styling products that both defend hair from the heat and leave it super shiny. Check out Charles Worthington's Results Perfectly Straight Straight Ironing Spray ($6, at Walgreens). Spritz a bit on dry hair and you'll need just one swipe of the iron for ultrasleek locks. Or try Bumble and bumble styling lotion ($18), which conditions while preventing split ends.



Beauty Director Patricia Reynoso

SECRET WEAPON

Wrinkle Fixer-Upper

When the cast of *Will & Grace* want to zap away any lines on their faces, they turn to makeup artist Patty Bunch. And Bunch turns to Elysée Cosmetics Lift N' Go Instant Wrinkle-Smoothing Serum ($24.50 for 24 swabs), a potent formula with Argireline (a skin-tightening ingredient) packaged in a pre-filled swab. "You can apply it throughout the day to your face and it smooths away the appearance of wrinkles," says Bunch. The immediate effect is temporary, lasting for a few hours, but you'll see a softening of your fine lines the more you use it. Available on *www.hsn.com,* or call 800-284-3100.



Match Your Makeup to Your Outfit

From pastel blues to brilliant reds, color is sure to be in your wardrobe this season. For many women, the question is whether to match their makeup to their clothes. While you might be tempted to reach for blue eyeliner when wearing a turquoise blouse, resist, resist, resist! Here, the experts clue you in to the best shades for any fashion palette.

CLOTHING COLOR		GREAT TO TRY
PASTEL	The right idea, says Marilyn Young, a celebrity makeup artist who's worked with Ashley Judd, is to add some bright color to your makeup look, particularly your lips, to offset your outfit and avoid looking too washed out.	Golden shadow, such as Estée Lauder Pure Color Eye Shadow duo in Moondust ($30), and a pink lip gloss, such as Guerlain Terracotta Gloss and Shine in Terre Indienne ($20)
DARK	Classic dark colors, such as purple and navy, are easy to complement by choosing warm-toned cosmetics that finish off your fashion statement. For extra glamour, pick a reddish orange gloss (excellent with navy) or a sheer plum lipstick (tops for purple clothes).	A dusty rose blush (such as Bobbi Brown blush in Desert Rose, $19) and an eyeshadow with just a hint of reddish brown (we like Lancôme Colour Focus Quad in 4Romance, $37)
BRIGHT	Look for natural makeup shades. Sheer lip color and an apricot-toned blush will accentuate your features, but not compete with the vibrant colors of your clothes, advises Naieem Abdool, makeup artist and founder of Paint Cosmetiques.	Two of our favorites. Shu Uemura blush in Bird of Paradise ($25) and Dior Addict Ultra-Shine lipstick in Shiniest Raspberry ($23)

For tips on the latest beauty trends, visit: www.lhj.com/bf



Each generation has different beauty needs, but with the right skin care and makeup know-how, you can look your best at any age

Timeless Beauty

This dynamic mother-daughter duo—Cindy Joseph, 53, and Julia Joseph, 30, who both model—have refreshingly similar advice: Pamper yourself and don't be afraid to let the real you shine through.

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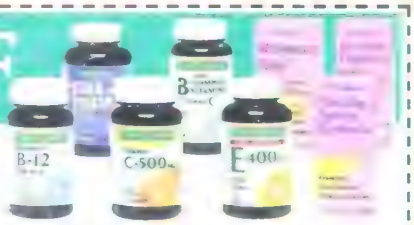
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YOUR 30s

Don't take your glow for granted. Being too casual about skin care—a bad beauty habit typical of many busy, young women—helps set the stage for future problems. "I'm always amazed by the number of women who cleanse with just soap and don't moisturize," says Olivia Chantecaille, who together with her mother, Sylvie, co-owns and operates Chantecaille Cosmetics, in New York City. "Then they wonder why their skin looks 10 years older than it should!" Washing off makeup at night, using moisturizer, and wearing a sunscreen of at least SPF 15 are basic, essential, but commonly

formulated with [illegible] as Olay Complete Defense SPF 30 Daily UV Moisturizer ($13.49). "It's a minimalist skin-care routine and I love it," says Julia. "I actually look forward to it every day."

Battle blemishes. Acne may be a distant memory, but you may still have an oily complexion to deal with, as well as the occasional breakout. To combat both issues, choose an oil-free moisturizer. Follow it with a sheer foundation that includes blemish-busting salicylic acid or benzoyl peroxide. Great to try: Eucerin Clear Skin Formula Skin Renewal SPF 15 Day Lotion ($10.29) and Almay Clear Complexion Blemish Healing Makeup ($11.99).

[illegible] like a more [illegible] says Julia, who favors sheer lipsticks. For special occasions, emphasize one feature, or go for a monochromatic look with an all-in-one stick for eyes, lips and cheeks, such as NARS The Multiple in South Beach ($35) or Bloom Sheer Color Cream in Cheeky ($15).

CONTINUED

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YOUR 50s

Smooth your lines. Wrinkles are the No. 1 worry for women in their 50s. But for Cindy, a little crinkle around her eye is nothing to be afraid of. "I say bring it on!" she says with a laugh. "I've earned these lines!" But if you're interested in counteracting Mother Nature a bit, then reach for any of the new anti-aging creams that are full of wrinkle-reducing antioxidants and amino acid complexes. Therapy Systems Line Tox ($65), with muscle-soothing Argireline, creates a smoothing effect. Or try RoC Retinol Correxion Deep Wrinkle Night Cream ($19.99), which claims to make skin appear a decade younger in just 12 weeks by smoothing and erasing fine lines.

Help your skin renew itself. Because the skin exfoliates itself more slowly as we get older, the fiftysomething complexion can appear dull and lackluster. To help reverse the process, look for products with hydroquinone or kojic acid (both are skin lighteners) to counteract uneven skin tone, such as Philosophy A Pigment of Your Imagination ($30). Another option: Mix a pea-size amount of a luminizing cream, such as

CONTINUED

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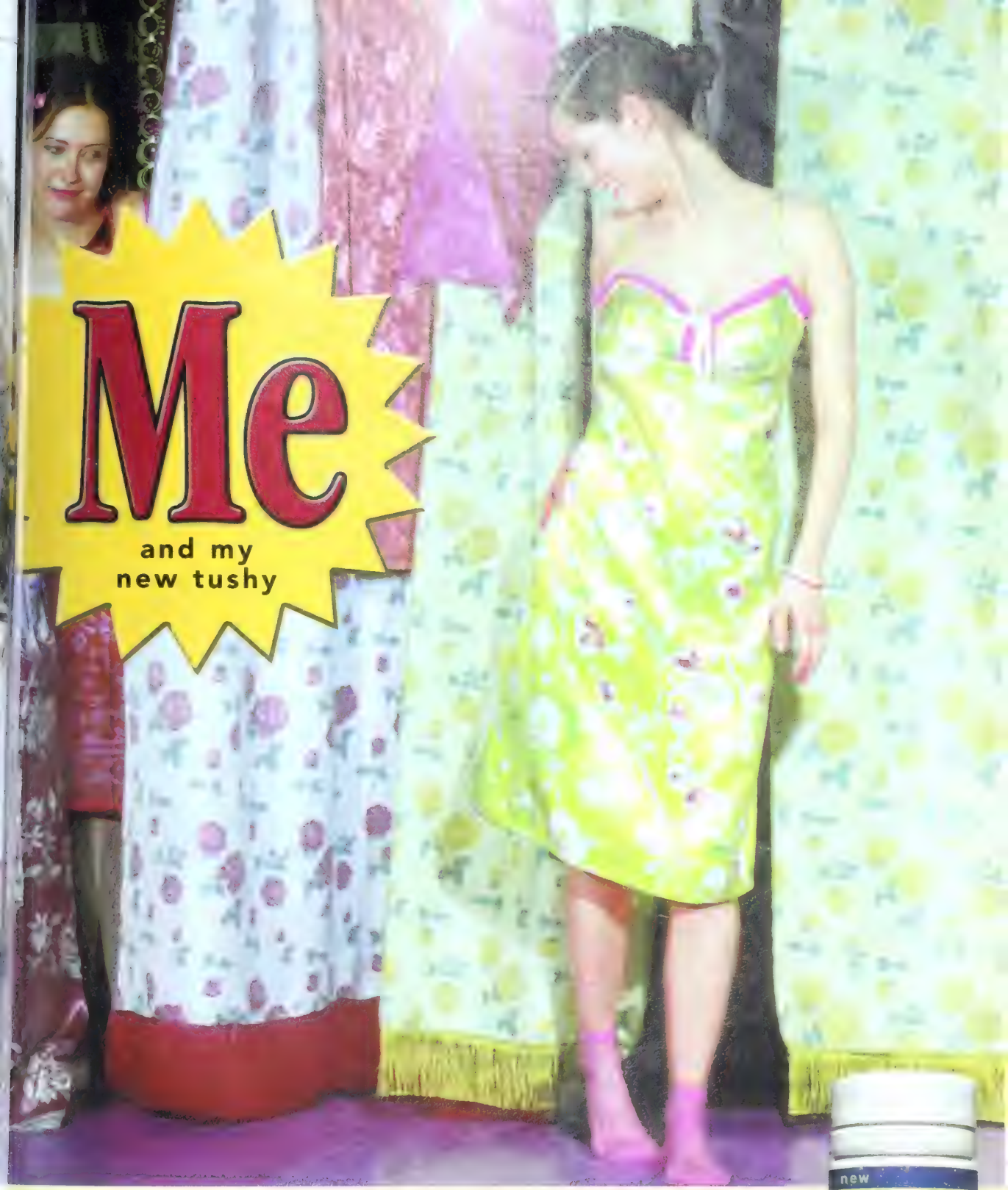
Chanel Sheer Brilliance in Sunkissed ($40), into your foundation or moisturizer, or apply directly to cheeks and temples for added glow and radiance. Cindy's best advice? "Wear less makeup," says this former makeup artist. "There's so much going on with your skin—wrinkles, texture changes—that too much makeup just makes it look worse!"

Help your makeup stay put. Mature skin sometimes needs extra help to keep makeup exactly where you put it. One easy solution: makeup primers, which act like a sheer coating on your skin to both fill in any fine lines and imperfections and set a smooth stage for foundation. After moisturizer or sunscreen, apply a thin layer of primer—try Smashbox Photo Finish Primer ($36) or Laura Mercier Foundation Primer ($29)—then wait two minutes before applying your foundation.

Moisturizer is a must. The combination of thinner skin (another side effect of aging) plus years of sun exposure equals a complexion that craves moisture. One of the most buzzed-about ingredients to quench dry skin is hyaluronic acid, which increases the skin's natural ability to retain moisture, and therefore creates a more plumped-up look. Try beComing Boost Me Up Skin Immunity Hydrator ($35) or Chantecaille Flower Harmonizing Cream ($95).

—Nadine Haobsh

Find great skin care for both mothers and daughters at: www.lhj.com/skincare



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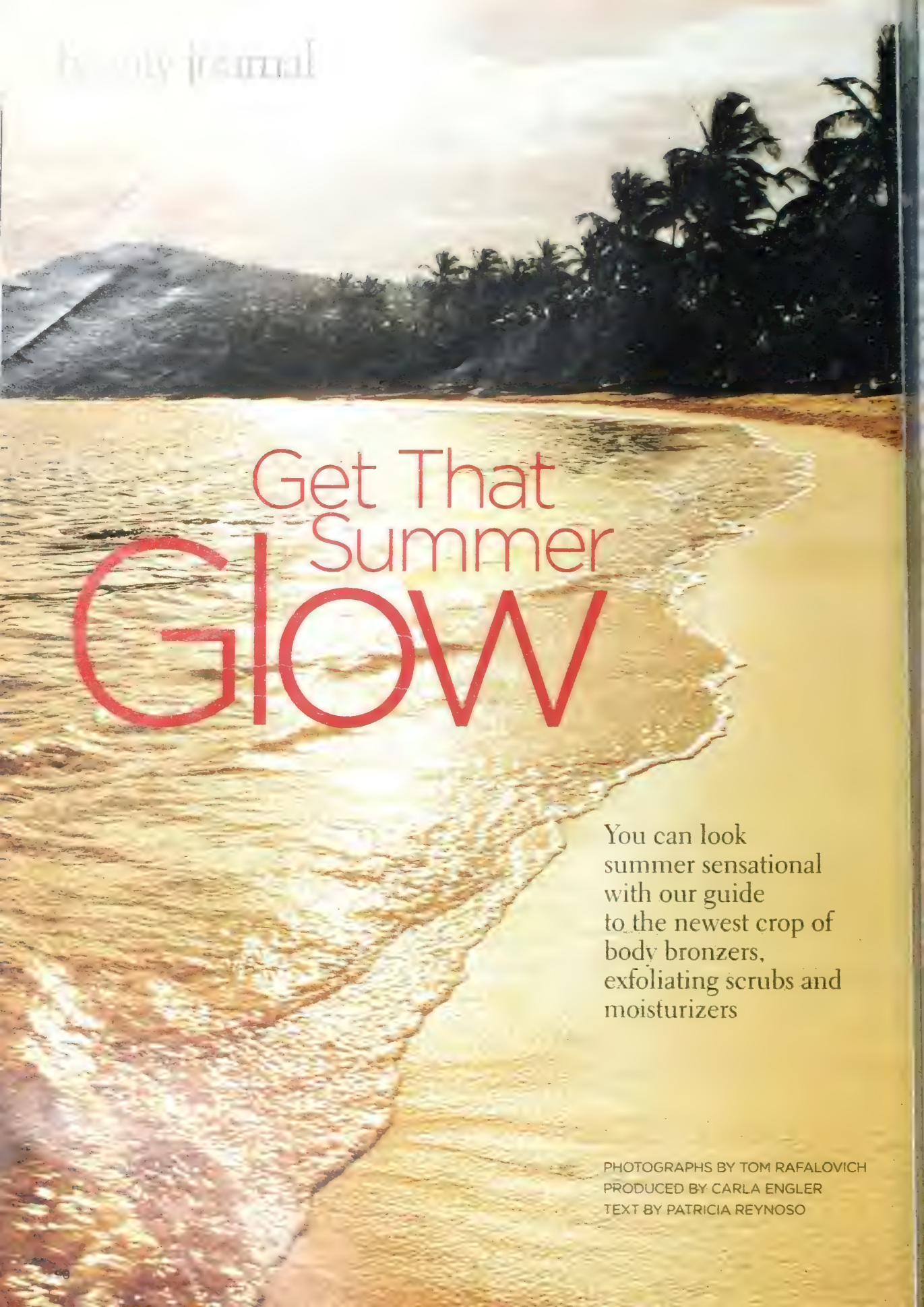
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Get That Summer Glow

You can look summer sensational with our guide to the newest crop of body bronzers, exfoliating scrubs and moisturizers

PHOTOGRAPHS BY TOM RAFALOVICH
PRODUCED BY CARLA ENGLER
TEXT BY PATRICIA REYNOSO



N-KISSED OLOR

sforming your winter-weary into a sexy replica of obean-kissed color is easy, you don't even need to ose your skin to the sun. ? Use one of the new self- ers, which get better and er every year.

ne best news is that the ge streakiness that plagued r versions is now history. key is to be patient: Just as n you tan naturally, building r at-home tan should be e gradually. Start by osing a light shade and her some on every day to pen the hue. Also, today's ices are so refined they're rly foolproof. Some are nulated with alpha-hydroxy ds, which help prep the skin the color by exfoliating d skin, while others are now de in gel versions, which dry ust minutes and leave no idue on your skin. Make sure ub the product in evenly, t until it's dry (usually a full minutes), and watch your lthy glow emerge before r very eyes. For great-to-try oducts, see page 102.





MOISTURIZING MAGIC

After months of plummeting outdoor temperatures and overheated rooms, your dry skin needs to be pampered (and pleasured!) before the summer kicks off. Get rid of the flaking, rough skin and bring back the smooth, satiny skin that's your best outdoor accessory, with this season's moisturizers.

Soft skin is a snap when you slather on a creamy moisturizer immediately after a shower or bath (when the skin is at its most receptive to moisture). Although the humid summer air doesn't cause dry skin the way winter's harsh winds do, your skin still needs a little help to retain its natural moisture, especially after exposure to heat. Reach for a lighter version of your winter body moisturizer or try an oil spray, which delivers a veil of moisture. The result: dewy, shimmery, beautiful skin. For great-to-try products, see page 104.





EASY SELF-TANNING

Clockwise, from top left: Estée Lauder Go Tan Towelettes ($27.50 for 10 towelettes) are excellent for touch-ups and hard-to-perfect areas like ankles and hands. Neutrogena Build-a-Tan Gradual Sunless Tanning Lotion ($9.99) can be reapplied until you reach your desired level of tan. L'Oréal Sublime Bronze Self-Tanning Gelee ($8.99) is quick-drying and leaves no streaks. Sue Devitt Studio Liquid Gold Coast Bronzing Glow ($36) smoothes over skin for an instant–but washable–tan. Yardley Bronzed Beauty Glistening Body Mist ($7.99), a delightful coconut-scented spray, gives an all-over bronzed sheen.

SOFT TO THE TOUCH

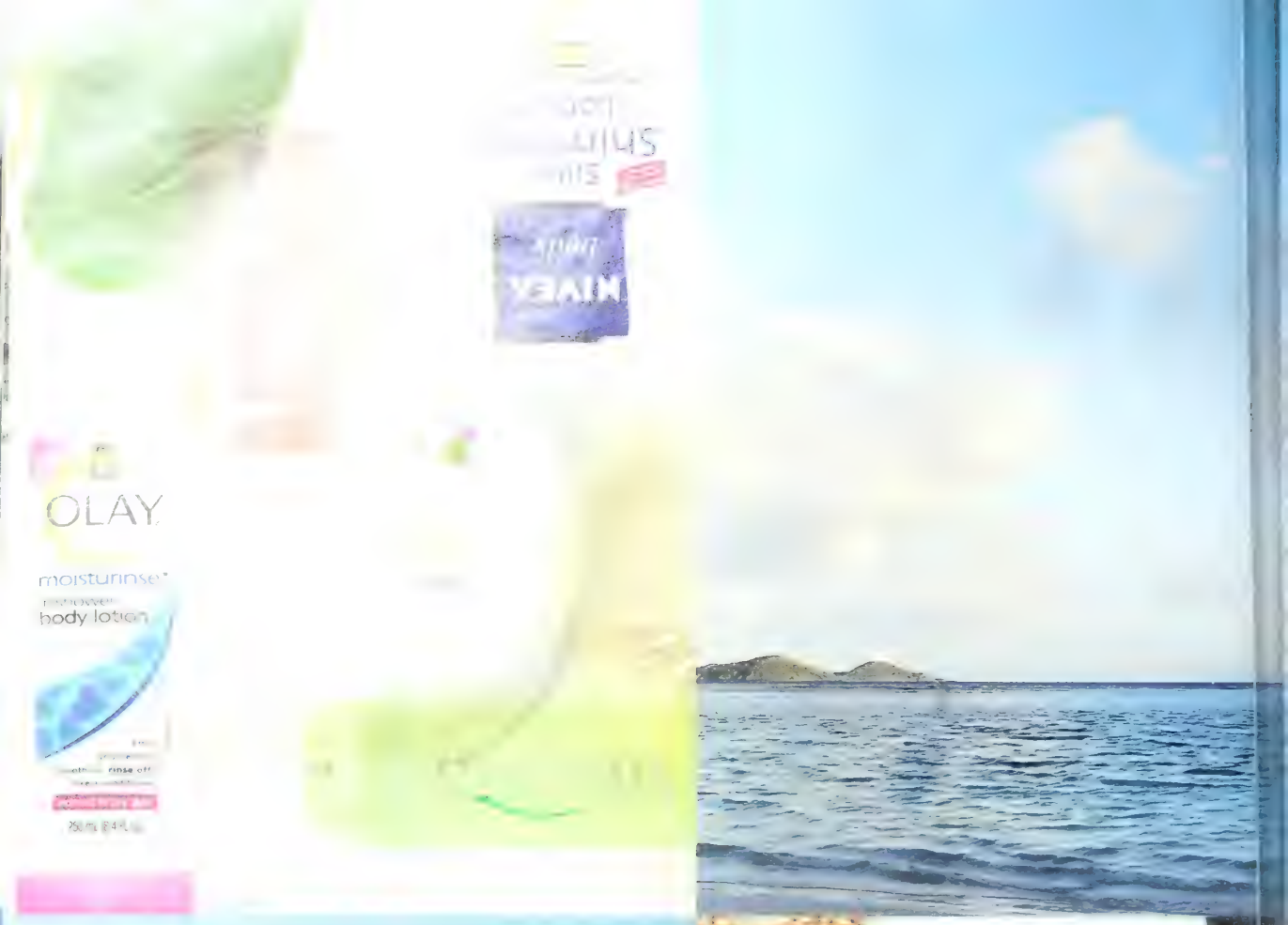
Clockwise, from top right: Calgon Ahh . . . Spa! Sun Pre-Sunless Tanning Scrub ($6.95) preps the skin with a nourishing complex of vitamins. June Jacobs Spa Collection Sea Salt Body Polish ($42) is a heavy-duty scrub excellent on tougher areas like elbows and knees. Sue Devitt Studio Exfoliating Body Wash ($25) leaves a layer of shimmer when rinsed off. Dior Bikini Perfecting Scrub Softening Body Oil Exfoliator ($31) is a oil that makes skin dramatically softer.



IOOTH AND SEXY

ımer skin can be
›nymous with smooth,
ıp-free skin when you make
:h exfoliant part of your
uty routine. Not only will
›liating leave your skin
ably soft, but it also
rantees that other summer
›les, such as self-tanner and
sturizer, will go on a lot
e evenly. Plus, today's
nulas, scented with mood-
ancing aromatherapy and
sturizing oils, have
ısformed this essential step
› a fun, indulgent one.
When choosing an exfoliator,
e whether it's for your body
or face. Those for the body
tend to feature larger grains
that are perfect for tougher
skin but too aggressive for
delicate facial skin. For the
best results, rub the grains on
your arms, legs and buttocks
before showering, while your
skin is still dry. Without water
to get in its way, the product
will better adhere to your
dry skin. Then, jump in the
shower, rinse off the scrub and
carry on with your regular
cleansing routine. You'll relish
the smooth-as-silk effect!
For great-to-try products, see
opposite page.





HEALTHY GLOW

Clockwise from top right: Nivea Body Silky Shimmer Lotion ($6.99) gives an emollient glow in either light-to-medium or medium-to-dark formulations. Mark Self Sanctuary Kiwi Lotus Body Butter ($7) absorbs instantly, with an uplifting scent. Vitabath Moisturizing Dry Oil Spray ($15) is chock-full of conditioning oils, yet it is non-greasy. Smooth on Olay Moisturinse In Shower Body Lotion ($4.99) while you're in the shower, then rinse off for all-day moisture. Victoria's Secret Breathless Shimmer Body Bronzer ($12) delivers an instant tan while lightly conditioning skin.



FUN IN THE SUN

Clockwise from top left: Coppertone Endless Summer Ultrasheer Sunscreen Stick ($5.99) gives SPF 30 protection in a convenient stick. Dr. Brandt Bronze Barrier Face SPF 30 ($40) is a potent combination of antioxidants and protective Parsol 1789, zinc oxide and titanium dioxide. Sundestressor for Face Firming Formula SPF 30 pampers skin while shielding it from sun. Shiseido Smooth Sun Protection Lotion SPF 33 ($27) contains botanicals to protect against aging and the sun.

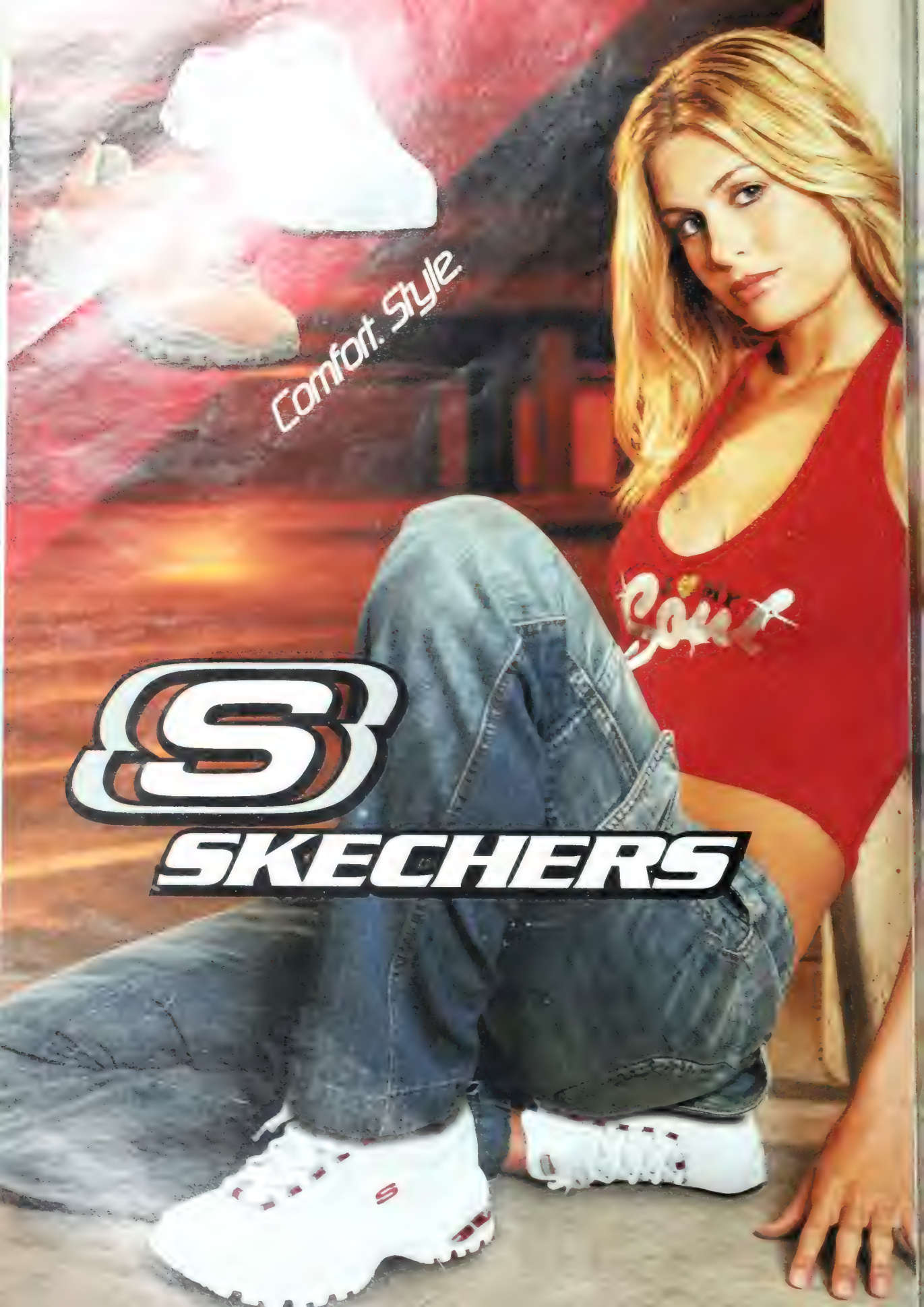


MART SUN ROTECTION

've heard it a dozen times ore, but it definitely bears eating: Don't step into the e of the summer sun nout a hearty coating of sun tection. Even while running und town—let alone lying on beach—your face is vulnerable he sun's damaging rays. ook for products with a high F (sun protection factor); SPF s adequate for daily use and mmon in many moisturizers, you should aim for SPF 30, ich guards your skin for up to times longer than you'd dinarily need without any sun otection. Check the labels for c oxide and titanium dioxide, ich provide the best barrier ainst skin-damaging UVA and B rays. Most brands now ature micronized technology at makes the formulas super eer and undetectable—perfect wear under makeup. That's nat we call fun in the sun! r great-to-try products, see posite page.

r Extra Face Protection: ake fashion part of your summe in-safety statement. This etty topper is ideal for sunny ays: Tracy Watts pink canvas ide-brim hat ($130)

Browse more great summer skin-care products on our slide show: www.lhj.com/summerbeauty


Comfort. Style.
SKECHERS

HOT WEATHER, COOL STYLE

For your active summer, here's how to wear the best of summer's shorts, skorts, capris and more







1 Shorts say summer—especially this grown-up, classic white denim version. Pair them with a colorful scarf used as a sash and a fun, brilliant neon-yellow windbreaker to bring style to the next level. Jacket, $69, T-shirt, $22, shorts, $35, all Tommy Jeans. Scarf, Echo. **2** Basic doesn't have to mean boring. These slim, chic, olive-khaki capris with a built-in cuff will take you from the laundry room to a lawn-side picnic with panache. And the right accessories can give any outfit a new look. A gold grommeted leather belt, sleek fedora and metallic-gold thong sandals add edge to this simple outfit. Colorful accessories are another option to add some splash. Tank, Chico's, $22. Pants, Gap, $44. Sandals, Newport News. Hat, Agnes B. Belt, Brave Leather at Yvette Fry. Bag, Ferran at Notanonymous. **3** Here, preppy chic meets hectic week. A sporty, striped polo and graph-checked skirt make a functional yet polished look for shopping in town or picking up the kids at a crowded pool. Top, $24.50, skirt, $39.50, both The Limited. Belt, Lambertson Truex. Bag, Coach. On boy: Bathing suit, Gap

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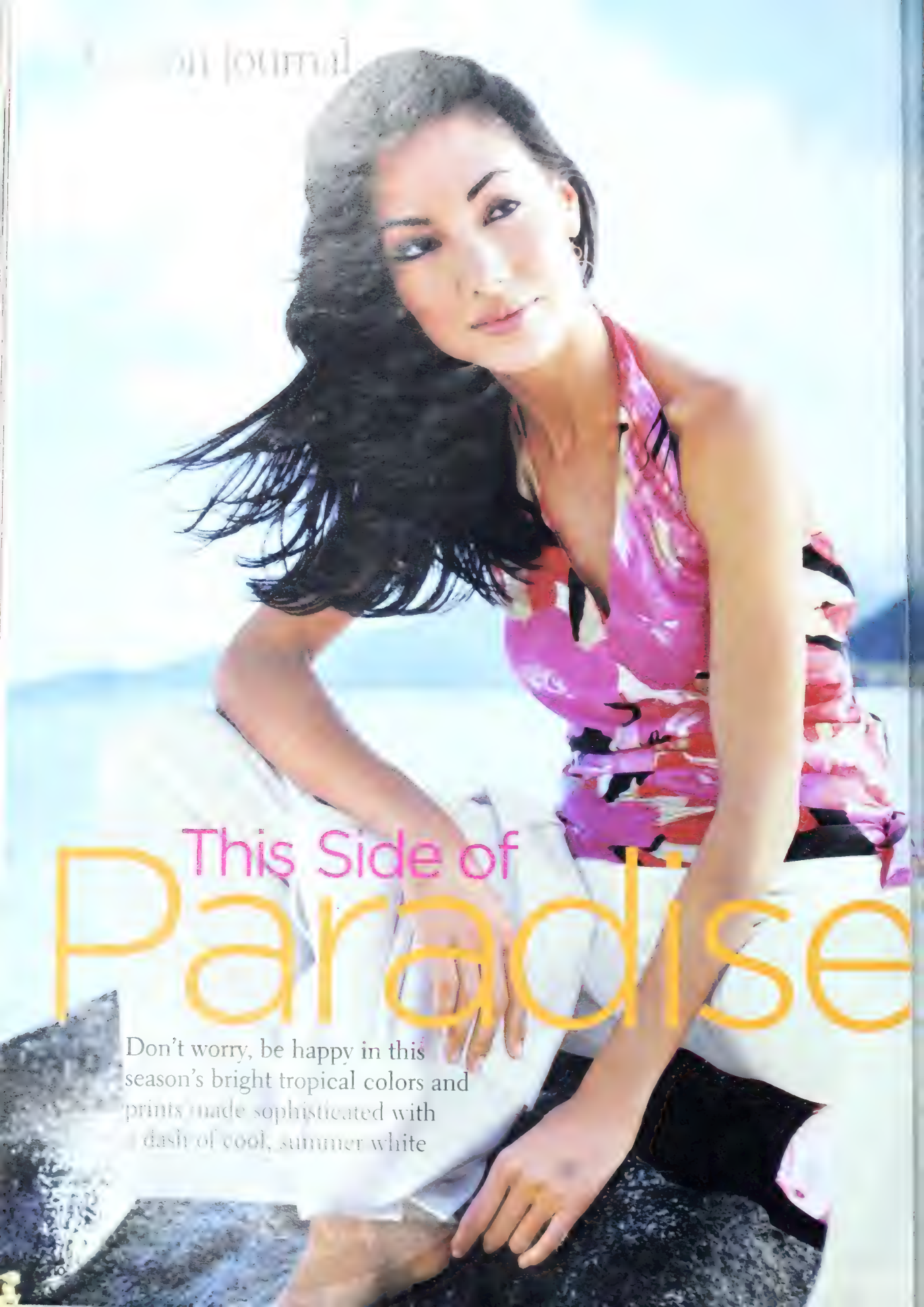
3



1 This summer, a denim skirt is the cool alternative to your favorite jeans. Pair it with a lime-green shrunken polo and flip-flops for the best of easy, hot-weather style. Take this casual look into the evening with a sequined tank top and strappy high heels—you'll be ready to hit the town! Top, Lacoste, $72. Skirt, United Colors of Benetton, $68. Sandals, Tommy Hilfiger. On boy: Shirt, Life is Good. Bathing suit, Billabong. **2** The new shape of shorts is long, narrow and sleek; perfect if you'd like more coverage, and downright chic with a bright shirt and blazer. When a jacket is too heavy, a halter or tank top in a bold color or graphic print fits the bill. Blazer, Banana Republic, $198. Shirt, Esprit, $39. Shorts, Tommy Hilfiger, $59. Bag, Lambertson Truex. **3** Get the look of a skirt and the freedom of shorts with this adorable striped skort. Just throw on a pair of canvas sneakers or flat sandals and go. Jacket, cK Calvin Klein Jeans, $59. Top, Maya, $97. Skort, New York & Company, $29.50. Bag, Graham Kandiah

[redacted] look great in your new shorts at: **www.lhj.com/howtoexercises**


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This Side of Paradise

Don't worry, be happy in this season's bright tropical colors and prints made sophisticated with a dash of cool, summer white



OSITE PAGE: Show off sexy
ulders in this bold yet
inine floral silk halter with
etty side sash. It's a hot,
ering shape this season.
l white pants add fresh
mer style. Need a more
ce-appropriate look?
ow a smart blazer into the
. Top, $78, blazer, $198,
ts, $88, all Banana
ublic. Earrings, Melissa
Manning at Fragments.
S PAGE: Turn up the heat in
modern, abstract palm-
t dress in clear, cool
quoise. The ruffled hem
l tiny bow convey ladylike
le without going overboard.
ss, Tracy Reese, $343.
celet, Wendy Mink at
tte Fry. Shoes, Isaac by
ac Mizrahi.
auty Boost: Keep legs baby
t by exfoliating with Bliss
per Minty Soap'N Scrub
30), a powerful yet gentle
oliant with peppermint oil
extra moisture.

HOTOGRAPHS BY TOM RAFALOVICH
RODUCED BY CARLA ENGLER



THIS PAGE: An ordinary button-down shirt gets funky in bold citrus stripes. For an active day of errands and carpooling with the kids, pair it with a lime-green, cotton canvas skirt for easy movement. Shirt, Esprit, $49. Tank, Mary Lucie, $92. Skirt, Poleci, $138.
OPPOSITE PAGE: Get into the sensual side of summer with this floaty, silk chiffon shirt that boasts an unexpected, overscale floral motif—it's the newest version of the tropical print. This shirt's versatility carries the day: Tie it at the waist and throw on easy linen pants for a casual look, tuck it into a pair of trousers and add heels for work, or try it over a bathing suit as a chic cover-up. Shirt, Anne Klein, $195. Pants, Isaac Mizrahi for Target, $24.99. Bracelet, Carolina Bucci at Fragments







OPPOSITE PAGE: A big, pop-art floral print in hues of sea and sky make this strapless cotton dress ideal for summer sophistication. Keep your accessories to a minimum: just a silk chiffon scarf and a chunky bracelet or ring. Dress, Banana Republic, $128. Scarf, Anne Klein. THIS PAGE: Bold prints can be worn below the waist, too. To offset a busy pair of pants, simply team them with a solid top in the same color palette for balance. Tank, Mary Lucille, $92. Pants, New York & Company, $36.50 **Beauty Boost:** Protect your locks with Rene Furterer Sun-Screen Waterproof Nutrient Oil Spray KPF 90 ($17), which conditions and smooths hair while screening out damaging rays.

WISH YOU WERE HERE? In the mood for some sunbathing, snorkeling or a snooze under some palm trees? Thought so! *Ladies' Home Journal* had it all (and you can too) at Little Dix Bay resort, in the heart of Virgin Gorda, British Virgin Islands. For your tropical escape, log on to *www.littledixbay.com*.

Find a new pair of sunglasses to wear with your spring look at: www.lhj.com/sunglasses

"I Get Up Every Morning

And Joan Lunden's got plenty of reasons to grin—her healthy twins turning 1, a new book she's passionate about, and a tempting offer to return to TV

BY LAURA BROUNSTEIN

Right in the center of Joan Lunden's exquisite Connecticut living room, which is decorated in elegant grays and taupes and looks out over beautifully manicured wooded grounds, sits a screamingly bright yellow, blue and red playpen, overflowing with toys. Ever the host, Lunden, who is luminously pretty in person, is well aware of the decor clash. "We used to have a gorgeous glass table here, but Jeff and I realized that it didn't make any sense for our lives right now. We're all about Max and Kate these days."

It was almost a year ago that Lunden, 53, and her husband, Jeff Konigsberg, 43, welcomed to the world their miracle babies, who were carried by a surrogate mother. These blue-eyed bundles of joy are as enchanting as their mom, who has them all to herself today, while her husband is in Maine, tending to the summer camps he owns. "When Jeff introduced himself to me eight years ago, he said, 'I was invited to a party at your home last summer. I couldn't come because I own summer camps, and I never leave the grounds when the children are there.' Right away, I thought, He can't be that bad a guy," says Lunden with a smitten grin. And then the woman who hosted *Good Morning America* for 17 years and *Behind Closed Doors* on A&E for five, curls into the couch, eager to talk about her babies, her three older daughters, and her new book on childhood nutrition, *Growing Up Healthy*.

So, how does it feel chasing after 12-month-olds again?

I find motherhood much easier this time around. I'm less daunted by it. I have a strength, self-confidence and determination that I just didn't have 20 years ago. And I'm totally nuts, just crazy over having my first little boy. My CONTINUED



in Lunden has
hands full,
rally, with Max
ft) and Kate, but
s she's having
wonderful time"

and Smile"

PHOTOGRAPH BY T



Lunden, at a movie premiere with Konigsberg last year, sa "We play tennis and golf. I'd teach him to ride horses if h let me, but he won't!"

n, you know."

[illegible] laugh [illegible] wrapped around her little finger! He's totally

don't seem overwhelmed at all with two babies, one daughter [Sarah, 16] looking at colleges, another graduating from college [Lindsay, 21], and your oldest [Jamie, 23] moving into her first New York City apartment. Plus you and Jeff are building a new home in Maine near his camps. It's tiring just running down the list! Is Jeff a big help managing it all?

You want to know what kind of man Jeff is? He just sent me a picture of the house with a note that said, "I can't wait to spend my life with you in this house." Isn't that amazing? I wanted a soul mate, a playmate, and that's what he is. You know, I was 39 when I realized that I needed to make changes in my life, to make an investment in myself. That meant paying attention to what I ate, working out, and taking care of myself.

If I hadn't made that dramatic change in my life then, I never would have this new life today. Our kids keep us young, and if you make a choice to adopt a lifestyle that's young, that's what you're going to have. For most people, if you ask them how old they are, there's a number in their head . . . for me, I think of myself as 34, 35 years old. That's my reality.

So writing a book about the importance of childhood nutrition was a perfect fit.

Totally. I've known Dr. [Myron] Winick, my co-author, for years. He [illegible] pediatric nutrition and brought this whole project to me before Kate and Max were born. He told me he had something very, very important for parents to know but needed someone like me to give it that "Mommy user-friendly voice."

So he didn't even know, when the book got started, that you were planning on having more children?

He had no idea that I'd be having twins a year later; now, Kate and Max are like my guinea pigs! With my older girls, I just had no concept that what we fed children was so significant in whether they would be disease-free later in life and that we could actually, through nutrition, possibly lengthen their lives.

Good nutrition for kids is different from nutrition for grown-ups?

Yes, because children are not small adults. They're growing, with cell division going on every day, so anything they eat has a much greater impact on them. For example, if they form too many fat cells as a child, they are going to have a much greater chance of being obese adults. The foods you feed your child help create the eating habits that child will have for the rest of her life. This information is so important!

And now you have your own beautiful babies who'll benefit.

Thank God we live h the time that we do, whe medical science has ma the opportunity possible have these children. A it's not just us—there's t huge segment of the pop lation who are older a marrying for the first time, or rem rying, and wanting children.

You and your husband ha talked openly about using a surr gate to have your twins, after tryi for years to get pregnant through vitro fertilization. I've read that Je was the sperm donor, but y haven't commented on whether not the eggs were yours. Why?

I do that for all the other peop who are calling and writing me no wanting to do this. I don't want the to feel that they can't achieve what w have if they can't produce their ow eggs. I want everybody to understan that however they make their familie doesn't make any difference. It about parenting. It's about havin these children. If they can use the own egg and sperm, fantastic. And one of them isn't viable, then get donor. I don't want anyone to fee that their way isn't right.

So anything goes?

The only thing I would warn peo ple about is that it's important tha the surrogate be a gestational carrie that is, not related genetically to th baby. That's what made our whol experience one that wasn't fraugh with worry, because in cases like our the surrogate CONTINUED ON PAGE 12



ıks to Mrs. Dash® Seasoning Blends, healthy and delicious can finally appear in the same sentence. Not to tion the same plate. So instead of reaching for the salt, reach for one of the 12 Mrs. Dash® Seasoning Blends. l flavor with 14 herbs and spices, zero salt and no MSG. For great recipe ideas, visit **mrsdash.com**

SALMON WITH RED PEPPER AND CORN SALSA

Combine 1 red pepper cut into 1/2" pieces, 1 c. cooked corn, 1/4 c. minced red onion, 1 Tbsp. Mrs. Dash® Extra Spicy Seasoning Blend, 1 Tbsp. lemon juice, 1 Tbsp. olive oil, 1 Tbsp. honey. Mix well and refrigerate. Add 1/4 c. fresh minced parsley when ready to serve. Spray four 6 oz. salmon steaks or fillets with olive oil. Sprinkle each steak with 1/2 Tbsp. Mrs. Dash® Chicken Grilling Blend. Place on foil lined baking sheet and roast in pre-heated oven at 400° for 10–12 minutes. Or grill each steak or fillet 5–6 minutes per side on med. high grill. Serve with salsa. Prep. Time: 0:05, Cook Time: 0:12



Mrs Dash
Salt-Free, Flavor-Full

Sodium: 86mg, Potassium: 912mg, Carb: 18g, Fiber: 2g, Protein: 36g

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"I won't let arthritis pain keep me from teaching."

VIOXX PROVIDES 24-HOUR RELIEF OF ARTHRITIS PAIN AND STIFFNESS

FIND OUT IF VIOXX CAN MAKE A DIFFERENCE IN YOUR LIFE

The less pain you feel, the more everyday victories you can achieve. And VIOXX may help. VIOXX is a prescription medicine for the relief of arthritis pain, stiffness, and inflammation.

ONE PILL FOR ALL-DAY, ALL-NIGHT RELIEF

With VIOXX you can experience nights with less pain and mornings with less stiffness because just one little pill works for a full 24 hours.

VIOXX RELIEVES ARTHRITIS PAIN AND INFLAMMATION

VIOXX is used to reduce pain and inflammation – soreness and swelling.

TAKE WITH OR WITHOUT FOOD

VIOXX doesn't need to be taken with food. So you don't have to worry about scheduling VIOXX around meals.

VIOXX IS NOT A NARCOTIC

IMPORTANT INFORMATION ABOUT VIOXX

People with allergic reactions, such as asthma, to aspirin or other arthritis medicines should not take VIOXX. In rare cases, serious stomach problems, such as bleeding, can occur without warning.

Tell your doctor if you have liver or kidney disease, or a history of angina, heart attack, or a blocked artery in your heart. VIOXX cannot take the place of aspirin for the prevention of heart attack or stroke. VIOXX should not be used by women in late pregnancy.

In clinical studies, commonly reported side effects included upper respiratory infection, diarrhea, nausea, and high blood pressure. Report any unusual symptoms to your doctor.

ASK YOUR DOCTOR ABOUT VIOXX TODAY

Call 1-800-MERCK-30 for your free information guide on VIOXX, or visit **vioxx.com**. Please see the Patient Product Information for VIOXX on the next page for additional information that should be discussed with your doctor.

ONCE DAILY

VIOXX®

(rofecoxib)

FOR EVERYDAY VICTORIES

Patient Information about
VIOXX® (rofecoxib tablets and oral suspension)
VIOXX® (pronounced "VI-ox")
for Osteoarthritis, Rheumatoid Arthritis and Pain
Generic name: rofecoxib ("ro-fa-COX-ib")

nformation has changed

t that is written for health
mation. This leaflet does not take
doctor. You and your doctor should
discuss VIOXX when you start taking your medicine and at regular checkups.

flammatory drug (NSAID) that is used to reduce
and soreness). VIOXX is available as a tablet or

relief of osteoarthritis (the arthritis caused by age-related "wear and tear"
joints)
- relief of rheumatoid arthritis in adults
- management of acute pain in adults (like the short-term pain you can get after a dental or surgical operation)
- treatment of menstrual pain (pain during women's monthly periods)

Who should not take VIOXX?

Do not take VIOXX if you:
- have had an allergic reaction such as asthma attacks, hives, or swelling of the throat and face to aspirin or other NSAIDs (for example, ibuprofen and naproxen)
- have had an allergic reaction to rofecoxib, which is the active ingredient of VIOXX, or to any of its inactive ingredients. (See Inactive Ingredients at the end of this leaflet.)

What should I tell my doctor before and during treatment with VIOXX?

Tell your doctor if you are:
- pregnant or plan to become pregnant. VIOXX should not be used in late pregnancy because it may harm the fetus.
- breast-feeding or plan to breast-feed. It is not known whether VIOXX is passed through to human breast milk and what its effects could be on a nursing child.

Tell your doctor if you have:
- history of angina, heart attack or a blocked artery in your heart
- kidney disease
- liver disease
- heart failure
- high blood pressure
- had an allergic reaction to aspirin or other NSAIDs
- had a serious stomach problem in the past

Tell your doctor about:
- any other medical problems or allergies you have now or have had.
- all medicines that you are taking or plan to take, even those you can get without a prescription.

Tell your doctor if you develop:
- serious stomach problems such as ulcer or bleeding symptoms (for instance, stomach burning or black stools, which are signs of possible stomach bleeding).
- unexplained weight gain or swelling of the feet and/or legs
- skin rash or allergic reactions. If you have a severe allergic reaction, get medical help right away.

How should I take VIOXX?

VIOXX should be taken once a day. Your doctor will decide what dose of VIOXX you should take and how long you should take it. You may take VIOXX with or without food.

Can I take VIOXX with other medicines?

Tell your doctor about all of the other medicines you are taking or plan to take while you are on VIOXX, even other medicines that you can get without a prescription. Your doctor may want to check that your medicines are working properly together if you are taking other medicines such as
- warfarin (a blood thi
- theophylline (a medicine used to treat asthma)
- ACE inhibitors (medicines used for high blood pressure and heart failure)
- licine used to treat a certain type of depression)

VIOXX cannot take the place of aspirin for prevention of heart attack or stroke. If you take both aspirin and VIOXX, you may have a greater chance of serious stomach problems than if you take VIOXX alone. If you are currently taking aspirin for prevention of heart attack or stroke, you should not discontinue taking aspirin without consulting your doctor.

What are the possible side effects of VIOXX?

Serious but rare side effects that have been reported in patients tak and/or related medicines have included:

- Serious stomach problems, such as stomach and intestinal bleeding with or without warning symptoms. These problems, if severe, co hospitalization or death. Although this happens rarely, you should signs that you may have this serious side effect and tell your doctor h
- Heart attacks and similar serious events have been reported i taking VIOXX.
- Serious allergic reactions including swelling of the face, lips and/or throat which may cause difficulty breathing or swallo wheezing occur rarely but may require treatment right away. Se reactions have also been reported.
- Serious kidney problems occur rarely, including acute kidney fa worsening of chronic kidney failure.
- Severe liver problems, including hepatitis, jaundice and liver failu rarely in patients taking NSAIDs, including VIOXX. Tell your do develop symptoms of liver problems. These include nausea, tiredn ing, tenderness in the right upper abdomen, and flu-like symptom

In addition, the following side effects have been reported: anxiety, blurr colitis, confusion, constipation, decreased levels of sodium in the blood sion, fluid in the lungs, hair loss, hallucinations, increased levels of potassi blood, insomnia, low blood cell counts, menstrual disorder, palpitations, pa ringing in the ears, severe increase in blood pressure, tingling sensation headache with stiff neck (aseptic meningitis), vertigo, worsening of epile

More common, but less serious side effects reported with VIOXX have in the following:

Upper and/or lower respiratory infection and/or inflammation
Headache
Dizziness
Diarrhea
Nausea and/or vomiting
Heartburn, stomach pain and upset
Swelling of the legs and/or feet
High blood pressure
Back pain
Tiredness
Urinary tract infection.

These side effects were reported in at least 2% of osteoarthritis pa receiving daily doses of VIOXX 12.5 mg to 25 mg in clinical studies.

The side effects described above do not include all of the side effects no with VIOXX. Do not rely on this leaflet alone for information about side ef Your doctor or pharmacist can discuss with you a more complete list effects. Any time you have a medical problem you think may be relat VIOXX, talk to your doctor.

What else can I do to help manage my arthritis pain?

Talk to your doctor about:
- Exercise
- Controlling your weight
- Hot and cold treatments
- Using support devices.

What else should I know about VIOXX?

This leaflet provides a summary of certain information about VIOXX. If yo any questions or concerns about VIOXX, osteoarthritis, rheumatoid arthri pain, talk to your health professional. Your pharmacist can give you an add leaflet that is written for health professionals.

Do not share VIOXX with anyone else; it was prescribed only for you. It be taken only for the condition for which it was prescribed.

Keep VIOXX and all medicines out of the reach of children.

Inactive Ingredients:

Oral suspension: citric acid (monohydrate), sodium citrate (dihydrate), sorbitol sol strawberry flavor, xanthan gum, sodium methylparaben, sodium propylparaben

Tablets: croscarmellose sodium, hydroxypropyl cellulose, lactose, magn stearate, microcrystalline cellulose, and yellow ferric oxide.

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he most comfortable ight's sleep...EVER!

OUD 10 has found a way to give you the same great sleep technology as $2500 visco-elastic foam mattress for a price starting at less than $100

Mattress technology has finally made a major advancement. The sleep surfaces of traditional metal ing mattresses are proving to be a hin- nce to a good night's rest. So for the 40 lion Americans who have difficulty sleep , your best bet—until now—has been to a new visco-elastic mattress. Visco-elas- foam uses a technology first developed by SA to make the most comfortable sleep face ever. The only problem is that these ttresses routinely cost about $2500 for a een size. Most of us wouldn't sleep well if added that cost to our credit card!

f you own a decent mattress, don't throw it t—make it better! Add the CLOUD 10 attress topper and rejuvenate that mattress. ie CLOUD 10 is a mattress topper made om 2 inches of heat sensitive visco-elastic emory foam. This material reacts to your dy temperature, so the surface stays cool in the summer and warm in the winter. It creates a contoured surface that cradles your body and helps eliminate those pressure points created by traditional mattress surfaces. When we tried the visco-elastic foam mattress topper, the feeling was incredible. "My neck and back felt as if they were floating and the pain in my aching joints was reduced. Even my legs were much more comfortable."

You may have seen the visco-foam mattress story on TV, but the secret is that only the top 2-3 inches of their $2500 mattress is actually the technologically advanced visco-elastic foam. The rest of the mattress is standard foam. Well, you only sleep on the top two inches of your mattress, so we think that you should get the great benefits of visco-foam at prices starting under $100. Simply place the CLOUD 10 on top of your current mattress. We were able to make this price possible by working directly with the largest United States visco-foam manufacturer.

We sent the CLOUD 10 to renowned Neurosurgeon Dr. William Beutler of the Pennsylvania Spine Institute, and he believes that the CLOUD 10 technology will cradle your body in such a way that can help reduce compression on the spine and relieve joint pain. Less pain has been linked to better sleep continuity and deeper sleep patterns. As you age, your cartilage is reduced and musculoskeletal aching increases. Therefore, it is necessary to give the sleeping body more continuous support—CLOUD 10 does exactly that!

Exclusive 99 night In-home trial. We are so sure that CLOUD 10 will improve the one third of your life that is spent in bed that we will offer you a no-questions asked in-home trial for 99 nights. If you're not sleeping significantly better and waking refreshed, send the mattress topper back for a full refund of the purchase price.



The CLOUD 10 mattress topper lets you experience the most restorative sleep for 90% less cost than a visco-foam topped mattress.

Enter the world of CLOUD 10...where every night's sleep is a perfect 10!

Prices starting at

2 Easy Payments of $39 **+ S&H.**

Specify mattress size when ordering

Promotional Code CMT214-06

Please mention this when you call.

Toll-Free 24 hours a day

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woman who

ah and her husall the time. They visited us last we hope they'll visit

Jeff and I made a conscious ion that any woman, any family really, who would do for us what she did is someone we want our children to know. Kate and Max should know the woman who carried them.

Jeff has always said, "Deborah is the ultimate nanny." She was the caretaker of our children for their first nine months of life. I was concerned that Jeff wasn't going to have the experience of a pregnant wife. But Deborah would call him and tease and say, "Would you tell your son to stop kicking me?" She really shared the nuances of her pregnancy.

How have your older girls adapted to the babies?

Jeff always talks about how our girls [whose father, Michael Krauss, and Lunden divorced in 1993] are at points in their lives where normally they would be breaking away, going off on their own for teenage life, college life, or young-woman life, and interestingly, the babies have brought them all back. It's just great. And it's made them even closer to Jeff. He's an incredible force in their lives. He doesn't miss a single function at Sarah's school. It's such a cliché, but I knew when I saw him across the room the first time we met that he was the guy. Everything that I thought I saw in him was really there. And now we're having this wonderful time together.

SHE WAS THEIR CARETAKER FOR NINE MONTHS"

Do you ever miss being on T

Well, I'm having discussions a network right now about do something, about possibly going to live, daily television.

Really!

At first, I thought, No way! I that for 20 years! I know what an pact doing a live, daily show a have on the rest of your life. But nally decided I would entert the thought. And the discu sions are ongoing.

How do you think would react?

He respects what I do a is proud of me, and I respect what does—he has an incredible impact molding the young lives of all the boys and girls who go to his camps. Because he's so passionate abou what *he* does, he gets me. He do think I'm a nutcase for doing these books that are so incredibly labor-intensive. Recently, we were on vaca tion, and I was working on a book edit and Jeff said, "Are you enjoying this?" I said, "Absolutely. I love it."

What Parents Must Do to Raise Healthy Kids

In light of recent medical news—that poor diet and inactivity overtake tobacco as the No cause of preventable death Amer ca—Joan Lunden's n

ncreasing ep demic of nood obesity and the

all parents have to take more what their k ds eat

od. Lunden shares easy- os and rec pes get your kids to eat better.

Avoid portion distortion: Too many parents feed their k ds grown-up-size portions. Kids are baked potatoes and one-half cereal servings.

Hold the salt: In excess, salt contributes to hypertension. Help toddlerhood.

Serve "naked" veggies: Instead es under sauces, serve them unadorned. This way, your children will learn to like healthy foods straight up.

Prepare for pantry raids: To discourage your child from loading up on excess calories in snacks, stock your kitchen n healthy alternatives: frozen-fruit pops or low-fat yogurt bars, fresh fruit and sliced veggies.

Keep up the calcium: Your child's growing bones need a constant supply of calcium. If she shuns milk, offer other low-fat options, such as leafy green vegetables or yogurt. —*Betsy Stephens*

For more tips from Joan Lunden's book, go to: www.lhj.com/lundenbo



WHAT ARE YOU DOING TO HELP PROTECT YOUR HEART?

You do all kinds of things to help safeguard rself. And yet, if you've had a heart attack or ke, it's important to ask your doctor if you're ıg enough to help protect your heart. The Heart tection Study by Oxford University, funded in t by Merck, researched ZOCOR.

ZOCOR is the first and only cholesterol medication ven to significantly reduce the risk of heart ack and stroke in people with heart disease. gardless of cholesterol level.

Before the Heart Protection Study was complete, COR was a time-tested, cholesterol-lowering dication, with over 160 million prescriptions ed in the past 11 years.

Ask your doctor how ZOCOR, along with a healthy diet, ı help protect you. Get information about the Heart Protection ıdy and ZOCOR at ***zocor.com*** or call 1-800-MERCK-75.



Important considerations: ZOCOR is a prescription medicine and isn't right for everyone, including women who are nursing or pregnant or who may become pregnant, anyone with liver problems, and people who are allergic to any ingredients of ZOCOR. Unexplained muscle pain or weakness could be a sign of a rare but serious side effect and should be reported to your doctor right away. Your doctor may do blood tests before and during treatment with ZOCOR to check for liver problems. To avoid serious side effects, discuss with your doctor medicine or food you should avoid while on ZOCOR.

YOUR RESULTS MAY VARY.

PLEASE READ THE MORE DETAILED INFORMATION ABOUT ZOCOR IMMEDIATELY FOLLOWING THIS AD.

ASK YOUR DOCTOR IF ZOCOR IS RIGHT FOR YOU.

MERCK

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50258(1)(645C)-ZOC-CON

ZOCOR. It's your future. Be there.

ZOCOR
simvastatin

PLEASE READ THIS ... ASK YOUR DOCTOR ABOUT ZOCOR. ... NEEDED TO PRESCRIBE A DRUG. THIS ... DOES NOT TAKE THE PLACE OF CAREFUL DISCUSSIONS WITH YOUR ... ONLY YOUR DOCTOR HAS THE TRAINING TO WEIGH THE RISKS ... TO YOU

...HEN ZOCOR SHOULD NOT BE USED

...ctylated hydroxya...

Patients with ... problems

Women who are or may become pregnant

Women of childbearing age should not take ZOCOR unless it is highly unlikely that they will become pregnant

Women who are breast-feeding should not take ZOCOR

WARNINGS

Muscle: Tell your doctor right away if you experience any unexplained muscle pain, tenderness, or weakness at any time during treatment with ZOCOR so your doctor can decide if ZOCOR should be stopped. Some patients may have muscle pain or weakness while taking ZOCOR. Rarely, this can include muscle breakdown resulting in kidney damage. The risk of muscle breakdown is greater in patients taking certain other drugs along with ZOCOR:

- Cyclosporine, itraconazole, ketoconazole, erythromycin, clarithromycin, HIV protease inhibitors, the antidepressant nefazodone, or large quantities of grapefruit juice (>1 quart daily), particularly with higher doses of ZOCOR.
- Gemfibrozil particularly with higher doses of ZOCOR.
- Other lipid lowering drugs (other fibrates or ≥1 g/day of niacin) that can cause myopathy when given alone.
- Amiodarone or verapamil with higher doses of ZOCOR

The risk of muscle breakdown is greater at higher doses of simvastatin.

Because the risk of muscle side effects is greater when ZOCOR is used with the products listed above, the combined use of these products should be avoided unless your doctor determines the benefits are likely to outweigh the increased risks.

The dose of ZOCOR should not exceed 10 mg daily in patients receiving gemfibrozil. The combined use of ZOCOR and gemfibrozil should be avoided, unless your doctor determines that the benefits outweigh the increased risks of muscle problems. Caution should be used when using ZOCOR with other fibrates or niacin because these can cause muscle problems when taken alone.

No more than 10 mg/day of ZOCOR should be taken with cyclosporine.

The combined use of verapamil or amiodarone with doses above ZOCOR 20 mg should be avoided unless your doctor determines the benefits outweigh the increased risk of muscle breakdown.

Your doctor should also carefully monitor for any muscle pain, tenderness, or weakness, particularly during the initial months of therapy and if the dose of either drug is increased. Your doctor also may monitor the level of certain muscle enzymes in your body, but there is no assurance that such monitoring will prevent the occurrence of severe muscle disease.

The risk of muscle breakdown is greater in patients with kidney problems or diabetes.

If you have conditions that can increase your risk of muscle breakdown, which in turn can cause kidney damage, your doctor should temporarily withhold or stop ZOCOR. Also, since there are no known adverse consequences of briefly stopping therapy with ZOCOR, treatment should be stopped a few days before elective major surgery and when any major acute medical or surgical condition occurs. Discuss this with your doctor, who can explain these conditions to you.

Liver: About 1% of patients who took ZOCOR in clinical trials developed elevated levels of some liver enzymes

Your doctor should perform routine blood tests to check these enzymes before you start treatment with ZOCOR and thereafter when clinically indicated. Patients titrated to the 80-mg dose ... receive an additional test at 3 months and periodically thereafter (eg, semiannually)

PRECAUTIONS

Drug Interactions:

-
-
-
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-

-
-

Central Nervous System Toxicity: Cancer, Mutations, Impairment of Fertility: Like ... In studies of m...

Pregnancy:

Nursing Mothers

Pediatric Use:

Geriatric Use:

SIDE EFFECTS

...tment with ZOCOR well, however, like all prescription drugs, ZOCOR can ca...

Digestive System: ...ncreas, hepatitis, jaundice, fatty changes ... cancer

Muscle, Skeletal:

Nervous System:

Skin: Rash, itch, ha... loss, dryness, nodules, discoloration

Eye Senses:

Hypersensitivity (Allergic) Reactions: On rare occasions, a wide variety of symptoms ha...

Other:

Laboratory Tests:

NOTE: This summary provides important information about ZOCOR. If you would like ... information, ask your doctor or pharmacist to let you read the prescribing informati... then discuss it with them.

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Orange-Pepper Beef Steaks

INGREDIENTS

- 4 beef tenderloin steaks, cut 1 inch thick
- ½ cup orange marmalade
- 4 teaspoons cider vinegar
- ½ teaspoon ground ginger
- 2 teaspoons coarse grind black pepper

INSTRUCTIONS

1) Combine marmalade, vinegar and ginger in a bowl. Press pepper onto beef steaks. **2)** Place steaks on rack in broiler pan 2 to 3 inches from heat. Brush tops of steaks with marmalade mixture. Broil 13 to 16 minutes, turning once and brushing with remaining marmalade mixture.

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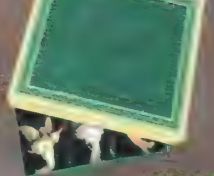


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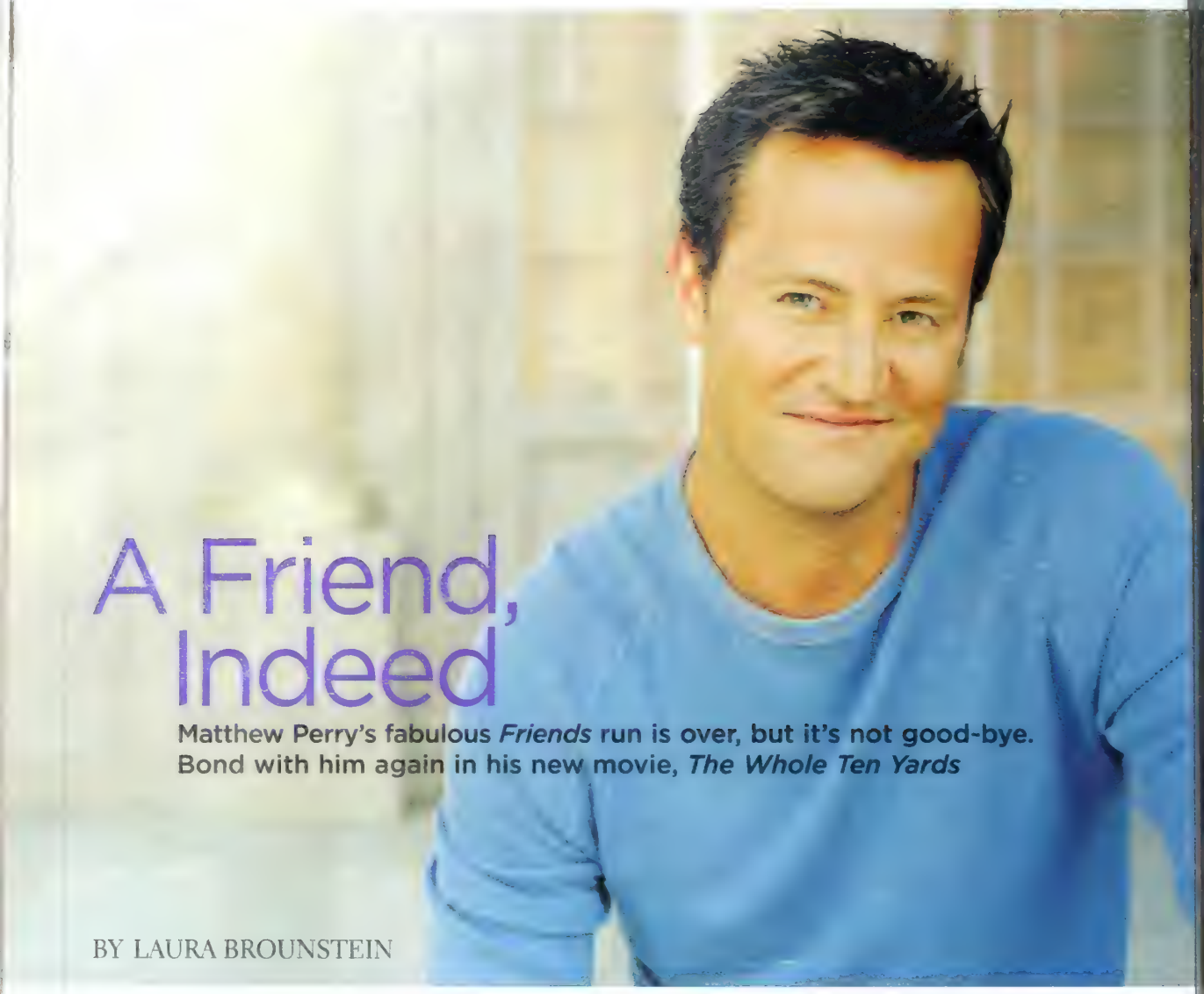
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A Friend, Indeed

Matthew Perry's fabulous *Friends* run is over, but it's not good-bye. Bond with him again in his new movie, *The Whole Ten Yards*

BY LAURA BROUNSTEIN

I am waiting by the phone for a guy to call. Not just any guy, but Chandler Bing himself–Matthew Perry–is about to call me to talk about his new movie, *The Whole Ten Yards*. But I'm not nervous in the least. Really. Because, after all, we've been close for a while now, hanging out at Central Perk with Ross and Monica and the rest of the *Friends* gang for the past 10 years. Our "friendship" went past TV in recent years, when Perry starred in *[illegible]* and *The Whole Nine Yards*. I was there cheering for him the same way I would've for any close pal. My good wishes and his ever-growing talent seem to be serving him well, because *Nine Yards* was so successful that he's back with Bruce Willis and Amanda Peet for the sequel, *The Whole Ten Yards*, opening April 9. And oddly, just as *Friends* is about to end, Matthew Perry and I are about to have our first real, live conversation. My biggest fear? Whether or not this friend who's been such a part of my TV life for 10 years will actually like me when we speak. The phone rings. Here goes . . .

Q: Recently, you shot the las episode of *Friends*, which will air o NBC May 6. What was that like?

A: I had that feeling where you're about to cry, for five hours straigh It left a big headache, but for me, th tears never came. I got to be a shou der for everybody else who was cry ing. It felt like a real celebration of a the work everybody's done for th show. I prepared for it the best could, so the next morning, I wok up curious, but not with fear. I jus kind of heard a page turn.

Q: And next, you've CONTINUE

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"Life is a better place when people are laughing," says Perry, pictured here with his *Ten Yards* co-stars Amanda Peet and Bruce Willis

got *The Whole Ten Yards* coming out, which looks absolutely hysterical.

A: Yeah, thanks. It's funny. We got lucky because Bruce Mr.-A-List-Willis, who spends most of his time saving the world in big action movies, had so much fun with us the first time that he came back. The little kid in him comes out, and he steals every scene he's in, which [laughing] kind of angers me, but that's life.

Q: But you're in more scenes, right?

A: Yeah, a lot more! Oz, my character, is fun to play because there really aren't any rules. I can be a little over the top in the movie with physical comedy—like a pinball in a pinball machine. For every scene we shot, we did one version where I did some huge pratfall. I must have fallen on my face and slammed into things 45 days out of the 50 we shot the movie.

Q: Did you hurt yourself?

A: Not really. I learned to fall down early in life—I was like 6—because I realized it was a way to make girls laugh.

Q: Now you're 34. What else have you figured out that you'd go back and tell your 24-year-old pre-*Friends* self, if you could?

A: Not to buy into all the fame and attention. Realize it's not going to fill [illegible] fun diversion from what life is really about. Enjoy the nice moments, but know that [illegible]

Where you live is driving home with a friend and going to Jack in the Box and talking. Sitting home reading a book. Being nice to your girlfriend.

Q: Okay, what's the nicest, most romantic thing you've ever done for your girlfriend [fashion student Rachel Dunn]?

A: She was out of town recently and sick, so I sent her a roomful of roses, a big teddy bear, some great tea and some music to listen to because she was all alone and sick. I'm a big romantic. I like girly music, like Sarah McLachlan and classic James Taylor. I can get masculine enough to listen to U2 and R.E.M., but mostly I like Sarah and stuff like that, which is embarrassing to admit, but what the hell.

Q: Since she's a fashion maven, does your girlfriend try to make you over, style-wise?

A: I have totally taken myself out of how I dress. Rachel and Amanda Peet get all the credit. Because unfortunately, I have this habit of wearing white sneakers all the time, which, apparently, is *really* wrong. So I let Amanda and Rachel choose everything now. I'm going to New York to see my girl later, and I'll bring the big coat that Amanda made me buy.

Q: Okay, so Rachel's getting you into fashion. And since you were a nationally ranked tennis player in Canada when you were younger, are you getting her into that?

A: I've gotten her into watching te[nnis], but [laughs affectionately] [my] girlfriend's a little klutzy. She'll [fall] up a flight of stairs. So I don't kno[w] how much she's into playing tenn[is], but we do really enjoy going [to] matches together.

Q: Do you think having such clo[se] relationships with your fellow *Friends* cast members has helped you be[come a] good boyfriend?

A: I suppose so, in that if there's [a] problem, I've learned to go right at[it]. If I did something to upset someon[e], Lisa Kudrow, say, she would com[e] knocking on my dressing room do[or] and we'd work it out right away. Yo[u] know, in 10 years, there was never [a] raised voice among any of us. I thi[nk] if there was even one maniacal, se[lf]ish person in the cast, the sho[w] would have ended a long time ago.

Q: What's next on the docket?

A: My dad [actor John Bennett Perry, who was on *Falcon Crest*] and I a[re] working together to distribute an i[n]dependent movie we made called *T[he] Beginning of Wisdom*. I have a small pa[rt] in it, but it's mostly my father's movie, a real heartland, family kin[d] of picture. I have such a tremendou[s] respect for my dad and just really e[n]joy sharing time with him, so that's been great. Until now, I've been typ[e]cast as the guy who can be funny an[d] then say "I love you" in a real wa[y]. That's a good niche, but I'm leanin[g] more toward the dramatic scripts th[at] come my way. For instance, I'm proud of the dramatic work I did o[n] *The West Wing* and would like to tran[s]fer more of that into my movie role[s]. Although whatever's next, it will nev[e]r be the *Friends* experience.

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is your life, s
live it up!" sa
lead singer R

Women Who Rock 'n' Roll

Joy Rose sets the stresses and strains of suburban motherhood to song with her cheekily named band, Housewives On Prozac

BY JEANNE MUCHNICK

Not many people would think songs about shemotherapy or parental anxiety would sell a lot of CDs or create an ardent following of fans, but that's because they haven't met Joy Rose. The 47-year-old mother from Hampton Harbor, New York, has put her personal struggles to music as the lead singer, songwriter and founder of the all-female band Housewives On Prozac.

Their songs, such as "I Broke My Arm Ice Skating to Get Out of the Mall," and "Let Your Inner Spaghetti," all appeal to suburban moms who, like Rose, are balancing work, family, after-school schedules and dinner plans. "Watch out/Stand back/Here she comes/It's a mom attack/Spatula anxiety/Virtual sobriety/Responsible insanity/We tear our hair because we care but today's the day we crack," she sings.

Rose's stage style is Rocky Horror meets Carol Brady. One signatu
costume is her "cereal dress"
barely there number that's a combi
tion of laminated boxes of Special
Froot Loops, Rice Krispies, Rais
Bran and cornflakes held togeth
with metal chains. While the look
the band—thirtysomethings a
fortysomethings Kyle Ann Burtt (ke
board/vocals), Donna Kelly (drums
Angela Babin (guitar), Susan Graha
bass) and Gillian Crane (vocals)—
sweetly outrageous, their sound
completely contagious. It's a cross b
tween the B-52's and Sheryl Crow;
as Rose puts it, it's "real rock couche
in real-life mayhem." But it's not
Jell-O molds and girdle gripes.
1995 Rose was diagnosed CONTINU

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"Joy has this spirit that just brings you in," says Susan Graham, top left, with (clockwise) Kyle Ann Burtt, Angela Babin, Donna Kelly, Joy Rose and Gillian Crane

with lupus (an autoimmune disease that causes severe inflammation and organ damage) after the birth of her fourth child, Zena, 9. (Rose has three other children: Brody, 15, Blaze, 12, and Alex, 11.) The disease nearly killed her. She then went into remission for two years, only to have her kidneys fail. A transplant in November 2000 from a childhood friend saved her life. As did the music: "I come to sit/I feel sick/The liquid drips . . . no party, no wine/No chocolate/No fun, no hair/It's not fair," goes her song "Chemotherapy."

Rose, who used to be a member of another band called Peter And The Girlfriends, says it was while she was lying in her hospital bed with lupus that tempos and verses starting forming in her head again. "It was as if this greater force was telling me to get back in touch with my inner passion," she says. Since then, Rose says she decided to use her music as a "healing vessel for the speed bumps of life" and to remind other women that it's okay to laugh about life's twists and turns.

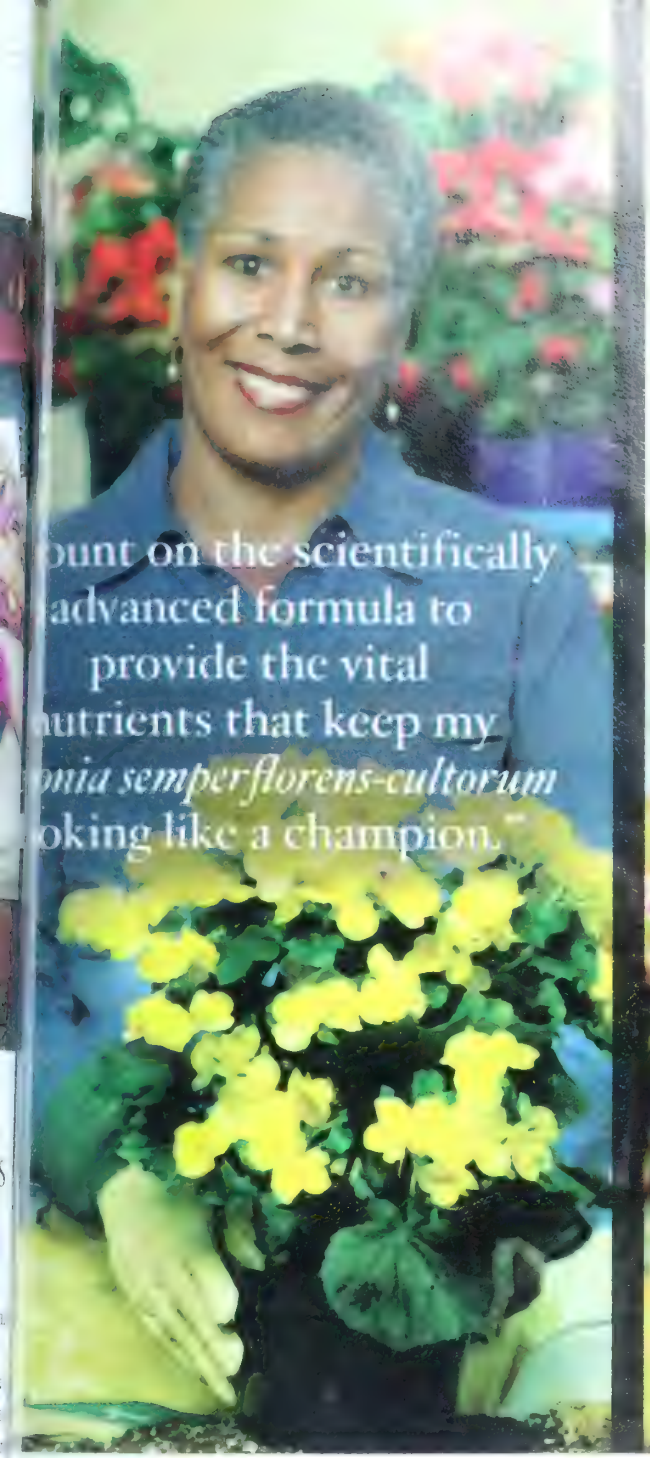
The group started playing in church basements around New York and Connecticut about seven years ago. Then word spread and they got requests for larger venues. So far, [illegible] The band recently signed a record deal with B.T. Puppy Records and released Rose's new album in December, tentatively titled *Naughty Santa*.

No subject is too sacred for a jaunty lyric, including Rose's own chemotherapy

Rose is also the founder of the Mamapalooza Festival, which honors other mom artists every May in New York City *(www.mamapalooza.com)*; this year it kicks off on May 19. The three-day event includes mom poets, mom artists and mom craftspeople. "It's a way for women to show off their talents besides their children," says Rose. Indeed, the first Mamapalooza Festival, in 2002, featured a number from a 72-year-old former Rockette. "Moms tend to be overworked, overwrought and under-celebrated," she says. "I wan[t] to change all that."

Now in remission from lupus, Rose says she doesn't take one sec[ond] of life for granted. "When you're forced to face something really challenging, you have two choices," she says. "You either get depressed about it and live your life in despair, or you meet the challenge head-on by cultivating a sense of spirituality and purpose. I chose the latter."

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PART THREE

His & Her Stress

He grabs the remote, you head for the phone. Men and women cope with stress very differently. Find out what we can learn from each other

BY LESLIE LAURENCE

Eight hours a day, Jennifer VanHimbergen, 31, of Brunswick, Ohio, is on the telephone fielding customer calls at brokerage firm Charles Schwab & Co. Although dealing with demanding clients is nerve-racking, Jennifer says, "work is the least of my stress. It's my family life that stresses me out the most."

That's typical of how women feel, since their workdays often begin long before they hit the office—and extend long after they get home. For example, Jennifer drops off her children, twins Kara and Christopher, 3, at the baby-sitter's on her way to work. Her father picks them up at 3:30 P.M. and takes them to his house, and Jennifer joins them after work. She usually eats dinner at her parents' house, but when Jennifer arrives home at about 7 P.M., she begins her second shift, supervising the twins and catching up on housework. "With two toddlers and a husband with a new job, I feel like a single mom," she says. And the strain makes her less patient than she'd like to be. "One of the twins is always spilling Kool-Aid here, coloring the wall there, getting a bloody nose on the white carpet," she says. "I find myself getting short-tempered and screaming at them."

Homecoming is a different experience for her husband, Michael, 31, a financial adviser with American Express Financial Corporation, who often works 12 hours or more a day. When he walks in the door at 9:30 P.M., the children are often in bed and Jennifer, who has been busy since she arrived home, is beat. He changes into sweats and a T-shirt and grabs a beer, and the two of them unwind in front of the TV, catching up on shows they've TiVo-ed. "I don't stress out too much, unlike my counterpart," Michael says about his wife. "She stresses about the littlest things, like dust on the television."

Michael's live-and-let-live attitude rankles Jennifer. "His personality is 'let's think about today—the rest will get done later,'" she says. "He has no problem looking at a dusty television screen. He doesn't care if there are piles of papers everywhere. But I'm the CONTINUED

their wives do not. "Husbands may be fed, clothed and picked up after," says Shelley Taylor, Ph.D., a professor of psychology at the University of California, Los Angeles, and author of *The Tending Instinct*. And guess who that caretaker is? No wonder wives and moms feel so frazzled. When men arrive home from work, their stress hormone levels gradually decline as if, Dr. Taylor says, "their bodies are telling them, 'Relax. You're in a safe place.'" In contrast, women's stress hormones often remain on high alert long into the evening.

Women who are stressed in relationships are at the greatest risk of heart disease

The Science of Sex Differences

It doesn't take a neurosurgeon to know that men and women view the world differently. The clichés of gender differences have long been the stuff of sitcoms and stand-up comics. But the way we think and act is not solely due to cultural conditioning. Science has proven that male and female brains work differently and that, in fact, they have different hormonal responses to stress that influence our behavior, particularly how we react to and cope with life's pressures.

But these sex differences are not well understood. That's because until recently, most stress research has been conducted on males, whether of the animal variety or human subjects. And even when females were included in studies, few investigators broke down the analysis by gender. As a result, says Dr. Taylor, "We still have a lot to learn about the reasons men and women handle stress differently."

There's growing appreciation that it's important to study differences that we intuitively see exist. "We have been assuming that, in studies of stress, it didn't matter if you were a man or a woman, but that was an unexamined assumption," says Larry Cahill, Ph.D., assistant professor of neurobiology and behavior at the University of California, Irvine. "I am absolutely convinced that the sex of our subjects matters a whole lot, and we've got to pay attention to it."

While we all face tension at home and on the job, our gender influences how seriously we view a given stressor. Of adults who have stress in their lives, 48 percent of men but only 32 percent of women identified work as a major source, according to a recent survey for the National Consumers League, in Washington, D.C. And work-related stressors, including insecurity about their jobs, may lead to the development of high blood pressure in men, according to a study published in the *Archives of Internal Medicine* in 2001. In contrast, 37 percent of women, but only 21 percent of men, listed family matters as a key source of stress. For women, the dual burden of holding down a job and bearing the brunt of family responsibilities may be one reason they're likelier than men to say their stress level is higher than they would like it to be.

Marriage itself plays an impo role in women's mental and ph well-being. Studies show that a h marriage confers health benefits a stressful, unhappy one ma worse than none at all, says Mari J. Legato, M.D., professor of cli medicine at Columbia Unive College of Physicians & Surgeons the founder and director of the nership for Gender-Specific Med at Columbia University, in New City. "Women who are stressed o tionally, mentally and physically have problems with their relations are at the greatest risk of coron disease," she says. "A woman who suffered a heart attack is 300 per more likely to have another one w in a year if her marriage is unhapp

In a study of 90 newlywed cou Janice Kiecolt-Glaser, Ph.D., and husband, Ronald Glaser, Ph.D., Ohio State University College Medicine, in Columbus, found when husband-wife interactions w hostile, "women had increased h rates and blood pressure and hig levels of stress hormones," says Kiecolt-Glaser. Men had much sm er physiological reactions, if a Even small marital discords, such when a husband habitually rolls eyes when his wife says somethi are stressful for women. "Women tice patterns of nastiness and hosti more than men do, and they ru nate over it more," she says.

How We Cope

Michael VanHimbergen is an exp at bottling up his feelings. "I h seen him stressed out only a coupl times, and it's not pretty," says J nifer about her husband. "He's m of a 'let it build up, then *explode*' ki of person." CONTINUED ON PAGE

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...t possible to provide a meaningful ...

Adverse events associated with discontinuation of treatment ...

...compared to 2.7% (7/259) receiving placebo. The ...

...	2.9
...	1.5
...	1.2
Emotional ...	1.0

Adverse events occurring in a controlled trial: Adverse events reported in a 3-week clinical t... patients treated with ADDERALL XR® or placebo are presented in the table below. The prescr...

Table 1 Adverse Events Reported by More Than 1% of Patients Receiving ADDERALL XR ... Incidence Than on Placebo in a 584 Patient Clinical Study

Body System	Preferred Term	ADDERALL XR® (N=374)	Placebo (N=210)
General	Abdominal Pain (stomachache)	2%	1%
	Accidental Injury	3%	2%
	...	3%	2%
	Fever	3%	1%
	...	3%	2%
	Viral Infection	3%	2%
Digestive System	...	10%	3%
	Diarrhea	3%	1%
	Dyspepsia	2%	1%
	...	5%	2%
	Vomiting	3%	1%
Nervous System	Dizziness	2%	1%
	Emotional Lability	3%	1%
	Insomnia	17%	3%
	...	4%	2%
Metabolic/Nutritional	...	2%	1%

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SPECIAL REPORT

Michael confirms her assessment. Researchers are beginning to understand what's going on in the brain to create these responses. Under duress, men produce the stress hormones cortisol and adrenaline, but they may also release excess testosterone, which can contribute to aggression. While this behavior had survival benefits for our early ancestors, modern men rarely have to protect their families from enemy threat. Yet their brains' reactions to stress can play a part in all-too-familiar behavior. "Whereas a man may come home from work, go off by himself and do a chore or [illegible] more likely to [illegible] or sit to talk [illegible]

with her kids," says Dr. Taylor.

Women's response to stress has evolutionary benefits as well. In the presence of a threat, a woman isn't likely to leave her children unattended. Rather, she'll stay and protect them. This might explain why, after analyzing hundreds of biological and behavioral studies, Dr. Taylor found that "female animals turned to their pups in times of stress to get them out of harm's way." When she looked at humans, she found a similar response: When life's pressures come crashing down, mothers often nurture their children and, in calming them down, calm themselves as well, in a practice she calls "tending."

Comforting your kids rather than yourself in times of stress may sou counterintuitive—and certainly, it's no something all women do all the tim However, just as with men, the beh ior has biological underpinnings.In addition to producing the usual str hormones, women's bodies sometim also manufacture oxytocin, the v same hormone we secrete durin breast-feeding, which promotes nu turing. Estrogen enhances the effe of oxytocin, prompting us to for bonds, not only with our children, b also with friends. "In response to stress," says Dr. Legato, "women w reach out and find a companion wh can offer support."

Dr. Taylor calls the process "t friending" and says that togeth

ling and befriending may represent the first new
ss system identified since the 1930s. We now have
of that gabbing on the phone after a bad day has a
ntific basis—and benefit. Jennifer VanHimbergen,
instance, de-stresses by scheduling Saturday break
s with a close friend who also has twins. "It's defi
ly nice getting out of the house and away from the
, the dusting, the vacuuming and the laundry," she
s. "I like having an adult conversation and being
e to vent, bitch and groan. We'll talk and laugh
ut how our husbands never pull their weight—and
n they want sex!" Even Michael notices she's in a
ter mood when she returns home.

Does he ever unload stressful details of his life to a
se friend? No way, he says. Although men pro-
ce oxytocin, too, its bonding effects are tempered
other hormones. There is one time, however, in
ich men react more like women. "Just before the
ivery of his child, a man experiences a surge in
tisol and a dip in testosterone," explains Dr. Lega-
"This has evolutionary roots. It helps him bond
the mother and new child and makes him more
ely than usual to stay at home near them."

Another gender difference was revealed in a study
stress and short-term memory. Rebecca Shansky, a
aduate student at Yale University School of Medi-
ne in New Haven, Connecticut, exposed male and
nale rats to a moderate level of stress and found
at only females had impairments in memory as a
sult. However, this happened only when they were
a high-estrogen phase of their cycles, equivalent to
e last two weeks of a woman's cycle. This could be
cause estrogen increases the amount of time that
e stress hormone cortisol is secreted, says Dr. Lega-
. And cortisol has been linked to memory loss.

"We've also theorized that the different gender re-
onses to stress in the brain may contribute to
omen's higher rates of depression," says Shansky.
However, it's really important that this research not
e taken to mean that women can't handle stress."

Whether our responses to stress are cultural or in
inctive, says David R. Rubinow, M.D., chief of the
ehavioral endocrinology branch at the National In-
itute of Mental Health, in Bethesda, Maryland, we
hould remember that "our biology is as much influ-
nced by our behavior as our behavior is by our bi-
logy." In other words, taking positive steps to
educe your stress, whether it's exercise, meditation
r laughing with friends, can change what's going on
n your brain and make you feel better. CONTINUED

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What We Can Teach Each Other

Thinking differently about stress also means asking some pointed questions, most importantly, whose style of tension relief works best, and what can the sexes learn from each other? Clearly, men's tendency to retreat and deny can lead to some unhealthy habits. For instance, a 1998 study of health behaviors in military personnel found that, under stress, men were likelier than women to use alcohol, cigarettes or drugs as coping mechanisms. On the other hand, sometimes it's healthy to just blow it off, a response more typical of men, but one that may serve women well on occasion.

In general, though, it's healthiest to do as women do when overwhelmed, says Dr. Taylor, and reach out and touch someone, including our spouses. It may not be easy to learn each other's ways, but making an attempt might actually continue

Your Anti-Stress Action Plan

Be[illegible]ke the men and women unwind a bit.

Women, let it go. We tend to [illegible] should have done better [illegible] pain," write Dennis S. Charney, M.D., in [illegible] of action, then take a cue from [illegible]

Men, let it out. Men are vulnerable [illegible] the U[illegible]e may [illegible] someone [illegible] and let you talk it out," says Marianne Legato, M.D., medical [illegible]ser to *Ladies' Home Journal*. "A conversation with a patient, empathetic friend may help you begin to formulate solutions."

Find someone to connect with. Relationships are important stress reducers, and they help us live longer, too. Studies conducted by Lisa Berkman, Ph.D., of the Harvard School of Public Health in Boston, and colleagues have found that both men and women who have no emotional support are at an increased risk of death from heart disease, stroke and suicide. And a report from the Harvard Nurses' Health Study shows that women who have close friends are less likely to develop physical impairments as they age. Contact with a friend or even a casual acquaintance at work confers health benefits, says Shelley Taylor, Ph.D., author of *The Tending Instinct*. "My bottom line message is to make absolutely sure you have plenty of time for hobbies and social activities with people you care about," she says. "Don't use stress as a reason to cut those relationships short."

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Robin MacKenzie makes time in her busy schedule to help Bryn, 7, with homework

...ress by the Sexes

T ...equally ...nd similar

...stressed-out couple. ...n and Leigh MacKenz...e, ...erceive their stress differently. Th...s ... recent ...ical testing that evaluated the couple's stress leve...s. **The results?** "Robin per... greater stress than Leigh does," says JoAnn Dif... of the ... Stress Program at We... College of Cornell Univers... New York City. Indeed, w...th a ... or 66. Robin's st... than most ... That cou... ... at least pee first, for crying out ... other hand, is more ...ikely to ...et the ... But ...ers handle str... case w...th the MacKenzies ... But just becoming aware of th... ease tension for the pa...rs a... help to know he sees the same ...st not in the same

Share ideas about the MacKenzies on our new message boards: www.lhj.com/mackenziemessage



," Likewise, Leigh says he finds useful to be aware that Robin es problems so much more to rt. These insights should help mooth the way as the :Kenzies tackle their financial, e management and anizational challenges with the) of our Stress SWAT Team in coming months.

—Alison Stein Wellner

20/20

me into ABC's 20/20 for a special report on the MacKenzies. Check your local listings for details.

reduce [illegible] Jennifer VanHimbergen, for instance, sat down with Michael and together they divvied up household chores. Now he's in charge of grocery shopping.

It's important to understand that since we're influenced by a whole tangle of biological wires and circuits, not just our culture, a little sensitivity to the behaviors of the opposite sex can go a long way toward easing the tension in all our lives. Ideally, says Dr. Legato, "our sex differences in response to stress can help women learn how to reach out to a man who gets isolated and quiet when he's stressed and stop saying, 'You never speak to me. Tell me what you're thinking.'" Instead, Dr. Legato says, "Don't take it personally. It may be better if you sit there and don't say a word. Your silence may actually encourage him to talk, and it may enable him to see your need to have someone listen and understand, so he won't have to say, 'For God's sake, will you ever get off the telephone and stop telling everyone our problems?' Wouldn't it be nice if we could build new systems of coping with stress by learning from the opposite sex what men and women really want?"

Next month: How stress affects kids.

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Gardener,

PETER'S GARDENING TIP #43

("dead-head") after the first bloom to encourage a second flowering. Buds on most annuals can be pinched off. Woody-stemmed perennials may need to be dead-headed with pruners or small scissors.

For more of Peter's gardening tips, visit miracle-gro.com tips

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Laying Down Roots

Lydia Foster wanted a way to welcome her new daughter-in-law to the family. Planting a spring garden together turned out to be fertile common ground



Three years ago, my son married a nderful woman, MariaClaudia, who is from Brazil. My ughter-in-law was eager to learn about our family's ditions and celebrations. In turn, MariaClaudia shared th us the customs she had grown up with, such as food stas and traditional Brazilian dances.

Last year I started a new ritual that MariaClaudia and ould share. Gardening is a passion of mine, so I carved t a plot of land for us to tend together. At the first sign spring, I bought 50 bulbs, choosing the types with ariaClaudia's reactions in mind: gladioli because I knew eir grandeur would be a wonderful surprise for her, freesia because of their remarkable fragrance, dahlias for their dazzling blooms, and begonias because they can grow among the other flowers and unify a garden. We set out one warm Sunday with tools and just one set of garden gloves—my beloved dogs, Zaboomba and Duke, had hidden the other pair. MariaClaudia wore the right glove and I wore the left, and somehow, sharing one pair of gloves seemed right. She dug the holes, I filled them with mulch. MariaClaudia placed the bulbs in the holes, and we both covered them with soil.

When all 50 bulbs were planted, we sat together on my garden bench, tired but proud of our accomplishment. I could hardly wait for those bulbs to show their gorgeous blooms! But when the time came, witnessing the light in my daughter-in-law's eyes was far more satisfying. Even more special than our beautiful garden is the knowledge that tending it is just the beginning of a long tradition we will share as a family.

LYDIA FOSTER, FALLBROOK, CALIFORNIA

Have a family ritual of your own you'd like to see featured here? Send your story to lhj.rituals@meredith.com. We'll pay $50 for any stories we publish.



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A Room of Your Own

Craving a private space to be creative? Check out these three charming hobby rooms, and learn how to carve out one for yourself that's just as inspiring





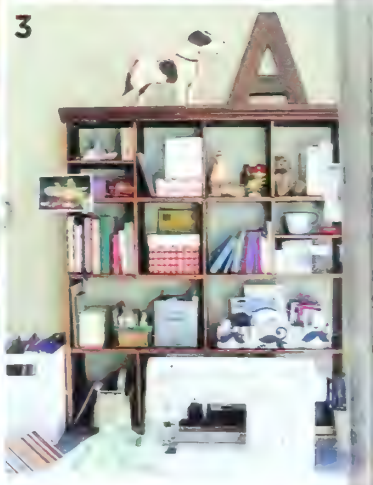


As wonderful as it can be for a husband and wife to share everything, a home office and a hobby space may not be one of them—especially if it's the size of a walk-in closet. For nearly four years, Peter and Jennifer Paganelli used a small area off their bedroom as a joint work space. She had a craft table set up on one side, and he had his desk just a few feet away on the other. About a year into this arrangement, Jennifer turned her talent for creating whimsical pieces—chenille bibs and baby blankets, flowered lamp shades, throw pillows and other pieces—into a business, and her accessories company, Sis Boom, was born. Business was good, and pretty soon she outgrew the cozy work space she shared with her husband. So when the Paganellis added a first-floor family-room extension to their home about five years ago, they decided to turn the sunny open space above it into a studio for Jennifer. Brightly lit by a skylight and two walls of windows, it's an inspiring place to work. But one of the best things about her studio, Jennifer says, is that there is plenty of room for her kids—Matt, 14, and Katie, 10—to hang out in there with her. And apparently, the apple doesn't fall far from the tree: Her daughter has already shown herself to have a real talent when wielding the glue gun as well.

CONTINUED







1 The painted bulletin board hol family schedules, invitations an Amy's quirky collection of phot and drawings. **2** Amy relies on Husqvarna Viking sewing machi to make simple items such as t bags and costumes for the kids. **3** "I love having everything in one spot," Amy says. "I used to spend more time running all ov the house to find my separate stashes of materials than actuall making anything with them!"

When Amy and Rick Leonard added a dining room onto their house a few years ago, the space off their front vestibule that had been a dining nook needed repurposing. Although it would [illegible] resulting room was the perfect place for Amy [illegible] magazine editor [illegible] kinds of sewing [illegible] work on her projects. To [illegible] room for all of her supplies, Amy used every inch of the space efficiently. The dresser has deep drawers ideal for larger materials, like paper or fabric, while glass jars contain easier-to-lose items, like buttons. Amy loves the room's glass-paned French doors; they're perfect for keeping out the noise of her children's after-school activities while still allowing her to keep one eye on the kids. Creating two separate workstations—a desk for the computer, and a table for crafts—was key, since Amy shares this space with her children. "It's great that the kids can come in and work on the computer while I'm at the sewing machine," she says. "It's time we might otherwise spend apart." CONTINUED

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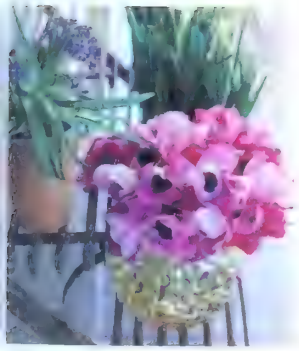
1 No space is too small: A vintage desk, iron chair and scalloped shelves give this former coat closet a charming—not cramped—feel. **2** Many of Mary's boxes are nautically themed. The one she's working on here is a ship made from pearls and other stones. **3** All materials are organized and kept close by in funky, vintage containers, such as this birdcage that holds spools of ribbon

No one can accuse Mary Tiberone of lacking vision. One day she opened the coat closet in the home she shares with her husband, Jim, and sons, James, 17, Willie, 15, and Thomas, 12, and saw that the tiny, windowed space was the perfect spot to convert into her very own craft cubby. Maybe that's because the sort of crafts she does—making intricate decorative boxes and jewelry—doesn't take up much space. But the smallness of the space actually was an asset for Mary: she liked the idea of having all her materials within easy reach. She painted the walls her favorite sky blue and hung two scalloped-edged shelves on the wall. To give the space personality, Mary keeps her materials in glass pedestal bowls, vintage trophies and blue cameo tins, and she has decorated her desktop with an eclectic collection of tiny porcelain dogs. How much time she spends working depends on what projects she's got under way. "For me, it's all about the joy I get from creating gifts for people I love in my own special space," Mary says.

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On the surface, this sunroom is like so many other sunrooms: warm and cozy and bright. The sun's [illegible]eam through slatted windows and highlight subtle textures in the floor. Grooves, clefts and ridges, obvious even to the hand. All the undeniable characteristics of slate, only this floor isn't slate. It's Armstrong laminate, the most realistic laminate floor ever. And, a floor far easier to [illegible]nst[illegible] care for than real slate. A few facts that actually make this sunroom *unlike* so many other sunrooms.

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Proud homeowner Obal, here with her family: Emmanuel, Apiew, Okach, Marwa and Gloria (top right); grandson Stephen (top left); sampling and preparing a dish with daughter Gloria (above left and right)

Rachel Obal spent most of her life fleeing from civil war in her native Sudan. After years of terror, Habitat helped her and her family move into their first real home

BY RONNY FRISHMAN

Standing on the front lawn, Rachel Obal admires her house in Jacksonville, Florida. She smiles when she talks about the dog she got in 1989 while living in Khartoum, the capital of Sudan. She named the mongrel *Pachaka*, which, in her native tongue, means *Where's my home?* since she had spent much of her life fleeing a civil war. Now at 51, she can happily answer the question. But back then, Obal had no way of knowing the travails she and her family had yet to endure before coming to America.

Raised as a Christian, Obal, her six sisters and two brothers grew up in southern Sudan. Her father worked as a gardener for U.S. missionaries, and her family lived on the mission compound. Typically, Sudanese girls weren't educated, but Obal and her sisters attended the mission school, where they studied English. When Obal was 8, her father died, and her mother became the school cook, enabling the family to continue "living like first-class citizens," says Obal. But they weren't sheltered from the civil war that had been raging in Sudan since 1956 between the ruling Muslim government and Christians (and other non-Muslims). Obal remembers the times g[overn]ment soldiers raided their villa[ge]. "We would run into the forest a[nd] hide there for days until they le[ft]," she recalls. In 1964, when the co[un]try expelled all foreign missionaries, Obal and her family had to leave h[er] compound and move to anoth[er] town, where her mother again fou[nd] work as a church-school cook.

At 17, Obal married Philip Oyw[ay], 27, in a match arranged by their fa[mi]lies, which was common within th[e] Anyuak tribe. The couple moved [to] Khartoum, where Oyway, who h[ad] attended college in Great Britain on [a] missionary scholarship, worked in [the] diplomatic corps of the foreign-affa[irs] office. "I was very shy, and he w[as] worldly and educated," says Ob[al], who barely knew her husband. Th[e] first years of marriage were unhap[py] for her. "I cried all the CONTINU


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1/2 cup Best Foods® Mayonnaise
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Blend first 5 ingredients. Season with
salt and pepper. Grill or broil chicken.
Brush with 2/3 of mixture until cooked.
Serve with remaining 1/3 of mixture.
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"I never dreamed a refugee could have a house," says Obal, planting in her backyard with son Emmanuel

time," she says. At 19, Obal gave birth to daughter Chaam; another girl, Margaret, followed two years later.

In 1972 the family returned to the South when Oyway was appointed deputy governor of Upper Nile state. The family moved into a spacious house, and for the next decade, they—and all of Sudan—enjoyed a period of relative peace. Then in 1983, the government imposed *shariah,* strict Muslim religious law, igniting new hostilities. Two years later, when news spread that soldiers were invading nearby villages and shooting people at random, Obal and her family returned to Khartoum.

In 1994, during a visit to their former home, Oyway decided to stay and join the Sudanese People's Liberation Movement, the South's main opposition group. Obal supported the move, even though it would be too perilous for her and their children, who now totaled nine, to be with him. Back in Khartoum, four months later, she heard a radio report that his village had been attacked and everyone killed. When they received no communication, the family assumed Oyway was dead. "I was in agony," says Obal, who had grown to love her husband deeply over two decades of marriage.

Meanwhile, the situation in Khartoum grew dire, especially [for] Christians. In 1996, Obal and [her] seven younger children fled [to a] refugee camp in the capital (by [this] time, Chaam was married and [liv]ing in Chicago, and Margaret [was] on a post-graduate scholarship [in] London). But food was scarce, [and] with the little cash she earned from making and selling handicrafts, Obal fled with the children [to] Cairo, Egypt. Using the money Chaam sent from the U.S. and the income from 18-year-old daughter Marwa's housekeeping job, Obal rented a small house and struggled to get by. But the only real hope for a better life, she soon realized, was to go to the U.S. "I wanted the children to live in a peaceful country—a country with human rights," she says.

In November 1999, under World Relief Fund sponsorship, the family left for Jacksonville, where they settled into an apartment provided by the fund. Unemployed and recuperating from minor knee surgery, Obal was referred to Lutheran Social Services (LSS) of Northeast

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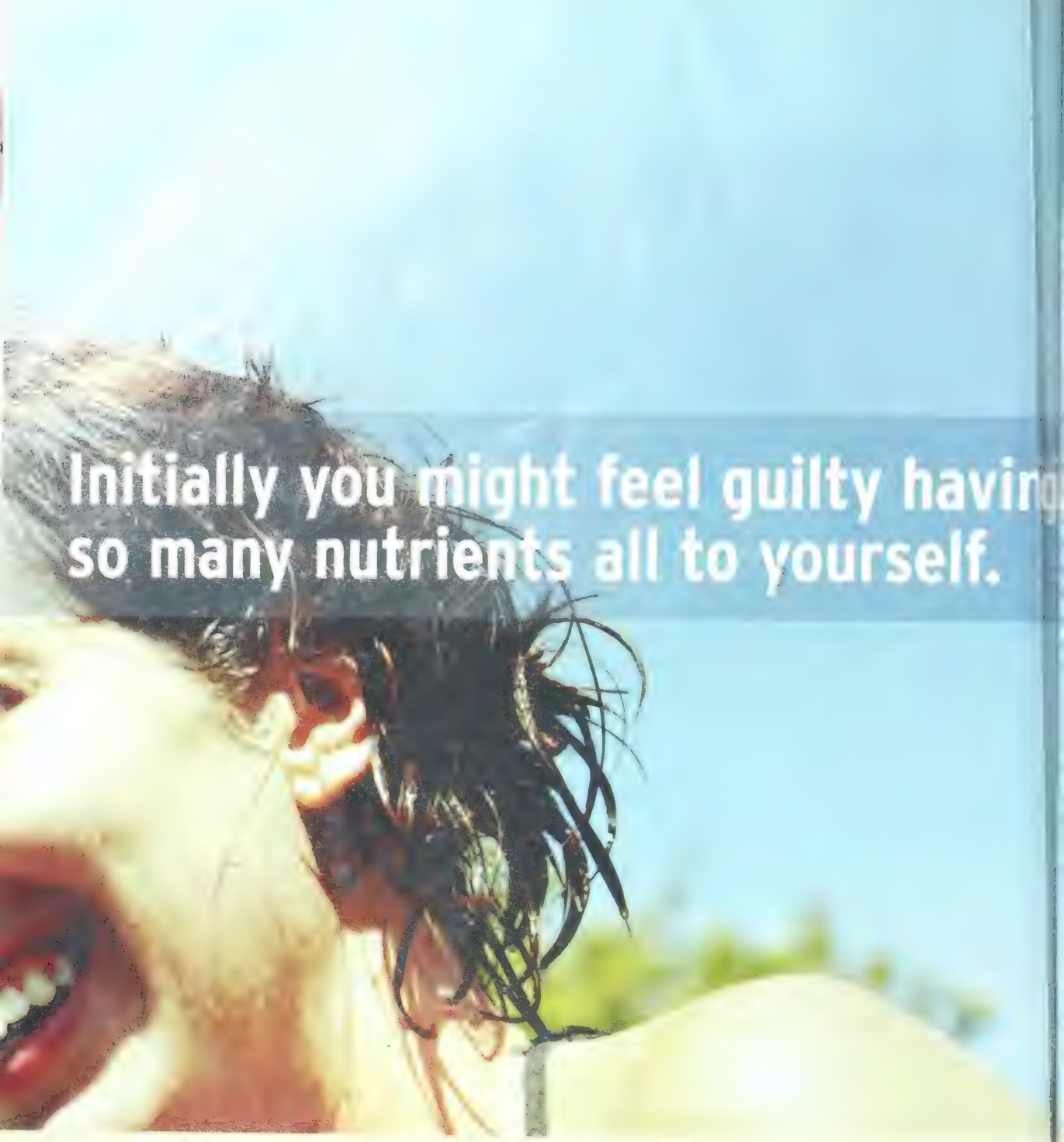
Then a miracle came Obal's way. January 2000, the family heard ws from a relative that Oyway ght be alive. Soon after, Obal re- ived a phone call from Kenya. ou're Philip?" she asked in disbe- f. "Don't you recognize my voice?" replied, as they both broke down tears. For six years, Oyway had en trapped in a war-torn area in e South with no telecommunica- ns, and he had only recently trav- d to Nairobi, where he was able to word to his wife. When he told bal that he was committed to his ise and did not plan to come to the U.S., her heart a months, and she from that.

As time went on, the younger chil- dren would [illegible] the older community college. But it was a struggle to pay the $660 monthly rent on their four-bedroom apartment. At the suggestion of an LSS staffer, Obal at- tended an orientation program given by HabiJax, the local Habitat affiliate, and she applied in the spring of 2002.

Months went by, and Obal grew discouraged. Then that November, the family [illegible] the table on Thanksgiving when the phone rang: Obal had been accepted by HabiJax. "No one ate," Obal says, laughing. "We were singing and dren immediately began putting in the 500 hours of required sweat equity. In January, Obal moved into a three-bedroom, two-bathroom house with [illegible] and Okach, 20; and daughters Mojuok, 29, Marwa, 26, Apiew, 22, Deel, 19, and Gloria, 17, as well as Marwa's 19-month-old son, Stephen). She now pays a $340 monthly mortgage and [illegible] others in the Sudanese community to HabiJax. "My life was running from place to place," Obal explains. "Finally, I feel [illegible] He has said, 'Sit down here.'"

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Why Smoking Is Worse for Women

ough every smoker uld benefit from kicking habit, smoking is not an al-opportunity health blem. Only 21 percent of ılt women smoke com- ed with 25 percent of n, but the latest research ows women smokers are re likely to get lung can- than men. The occur- ce of lung cancer in men has increased four- d since 1965 and is the ding cause of cancer ith for both genders. But ale smokers are 2.7 times elier to get lung cancer n male smokers, accord- to a recent study from New York Presbyterian Hospital/Weill Cornell, in New York City. Women who smoke regularly also boost their risk for breast cancer by 30 percent, says the California Department of Health Services. As researchers struggle to determine why smoking increases these diseases in women, one theory that has emerged is that women are susceptible to a mutation of the gene that assists in removing cigarettes' toxic effects from the body, says Marianne J. Legato, M.D., founder of the Partnership for Gender Specific Medicine at Columbia University, in New York City.



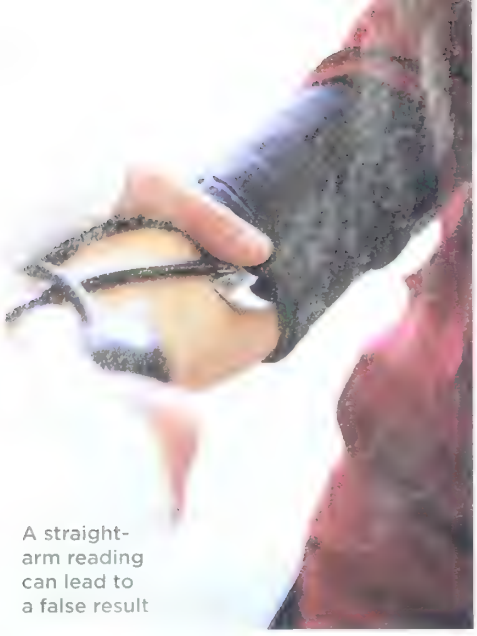
For tips on how to quit, visit *www.americanlegacy.org* or look for information on The Great American Smokeout at *www.cancer.org*.

—Molly M. Ginty

Can I Really Choose My Baby's Sex?

Q:

A: Medical experts say no. Gender-selection kits, which may contain ovulation tests, digital thermometers, douches and oral supplements, are based on methods—including changes in diet, timing of intercourse and monitoring vaginal pH levels—that the manufacturers claim influence gender. GenSelect, one company that distributes such kits for a cost of $199, says its product has a success rate of up to 96 percent and cites independent studies on its Web site to support its claims. But Randy Morris, M.D., a reproductive endocrinologist in Chicago, points out that the kits are not FDA approved, and says the studies aren't large enough to prove the results can be attributed to anything other than chance. He says that the only reliable gender-selection techniques are also the most expensive ones: preimplantation genetic diagnosis (creating embryos outside of the womb and testing them for gender before implantation) and flow cytometry, a new sperm-sorting technology. These procedures can cost anywhere from $2,500 to $18,000. *—Maureen Kennedy*



A straight-arm reading can lead to a false result

forearm is supported. It could make the difference between a normal reading and one that indicates you have hypertension, or high blood pressure.

Readings taken on patients with their arms by their sides were up to 10 percent higher than readings taken on the same patients with their arms bent, according to a study from the University of California, San Diego, and the Medical College of Wisconsin.

"When your arm is hanging down, the cuff is below heart level, which increases blood-pressure readings," explains Cheryl Laffer, M.D., at the Center for Hypertension and Cardiovascular Medicine at Lenox Hill Hospital, in New York City. An ambulatory blood-pressure monitor—a small portable device you can get from your doctor that takes a reading every 15 or 30 minutes for a 24-hour period—can help your doctor determine if a spike in your blood pressure during the office visit is truly indicative of a problem. *—M.K.*

CAN WE STOP OVARIAN CANCER?

Ovarian cancer is known as "the silent killer" because its symptoms—such as stomach pain and indigestion—are easily confused with other ailments, allowing the illness to reach a deadly advanced stage before it is diagnosed. But that may soon change. Researchers are working on an early-detection test that proved 100 percent accurate in finding the cancer in its earliest stage, according to a small study to be published in the medical journal *Endocrine Related Cancer Journal*. More testing, as well as FDA approval, needs to happen before the pinprick blood test called OvaCheck becomes widely available, says Peter Levine, president of Correlogic Systems, one of the test's developers. However, for women at high risk of ovarian cancer, such as those with a family history, the test may be available as early as this year.

—M.M.

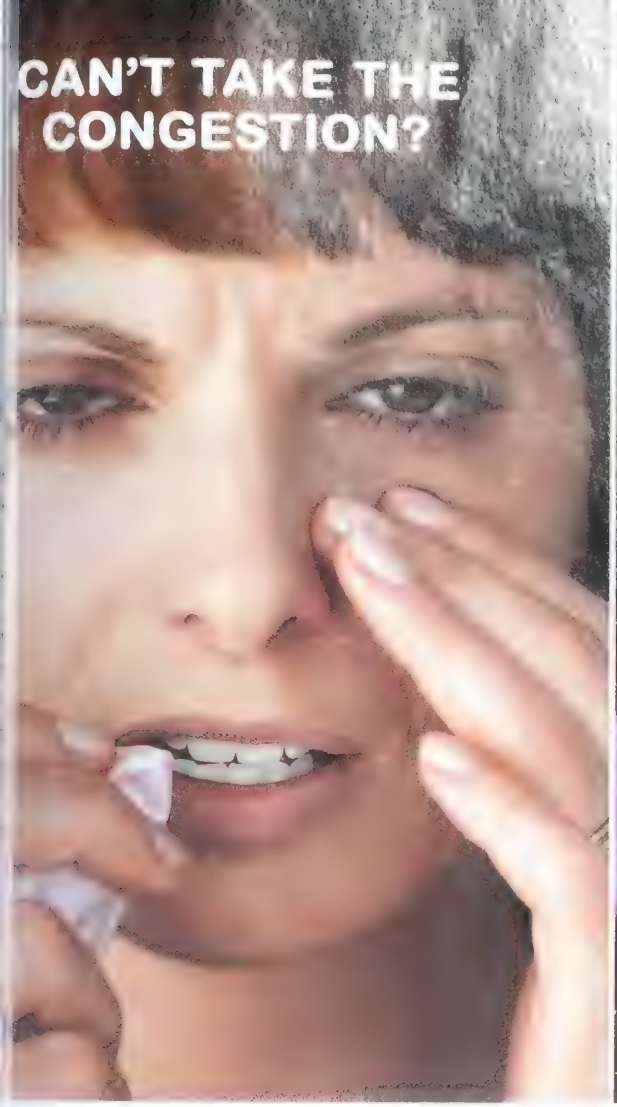
EAT WHAT YOU WANT—AND STILL LOSE WEIGHT

How? Take a tip from a group of weight-loss experts whose name begins with an "A." No, not Atkins—the Amish. A study at the University of Tennessee, Knoxville, found that the Amish living in Ontario, Canada, eat plenty of meat, potatoes and pie, but have a low rate of obesity. Their secret? Breaking a serious sweat. The men reported 10 hours of vigorous and 43 hours of moderate activity and 12 hours of walking per week. The women reported three hours of vigorous and 39 hours of moderate activity and six hours of walking per week. That's six times the amount of [illegible] person gets. Take a look at how doing things the old-fashioned way can boost your calorie burn:

The Lose Way	The Lose-It Way
[illegible]	[illegible]
[illegible]	Vacuuming for 30 minutes: 75 calories
[illegible]	[illegible]
[illegible]	Walking the dog for 30 minutes: 125 calories
[illegible]	[illegible]

From *Mayo Clinic Proceedings*, February 2002

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effects with Allegra-D were similar to Allegra and may include headache, insomnia, and a. Due to the decongestant (pseudoephedrine) onent in Allegra-D, this product must not be f you: are taking an MAO inhibitor (a medication epression) or have stopped taking an MAO or within 14 days; retain urine; have narrow-angle oma; have severe high blood pressure or severe disease. You should also tell your doctor if you high blood pressure, diabetes, heart disease, oma, thyroid disease, impaired kidney function, nptoms of an enlarged prostate such as difficulty ing. Allegra-D is for people 12 and older.

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Carcinogenesis, Mutagenesis, Impairment of Fertility

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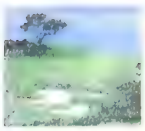
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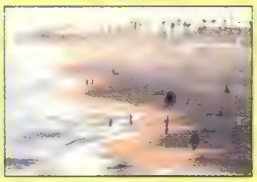
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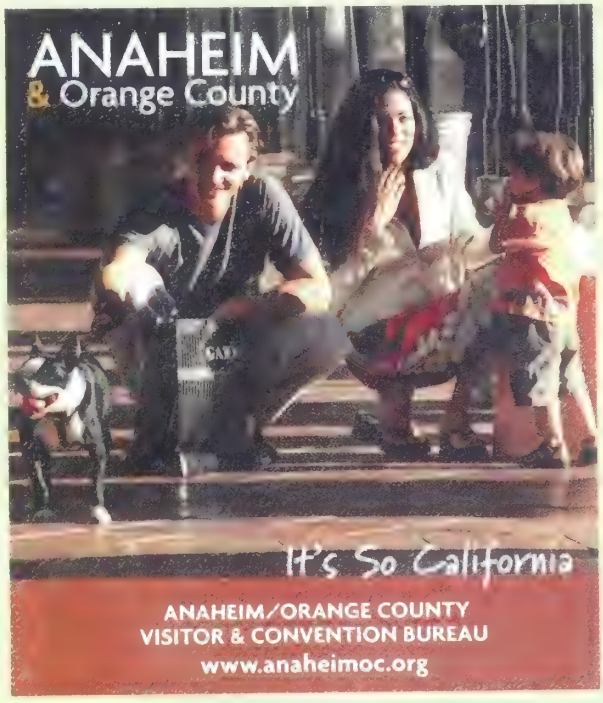
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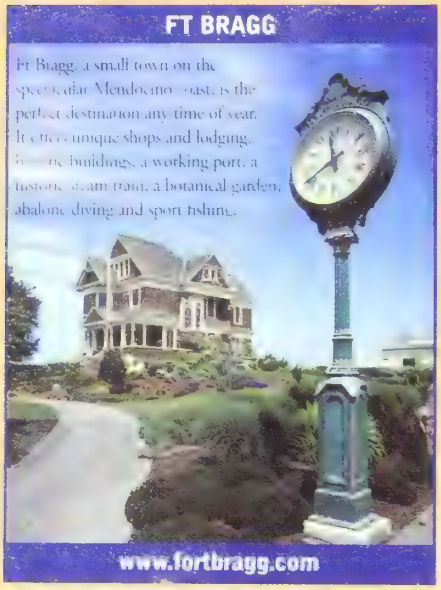


Dreamin'

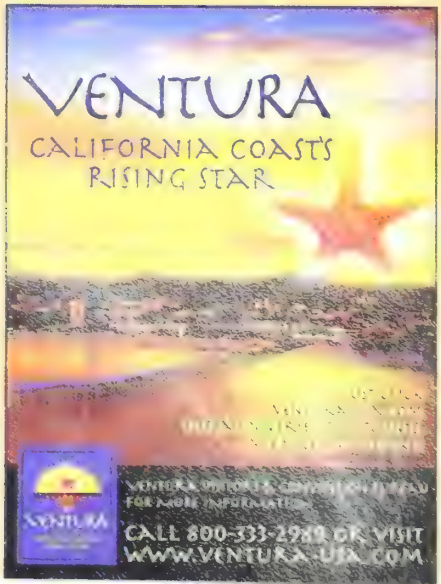
...with ...ons to be found around

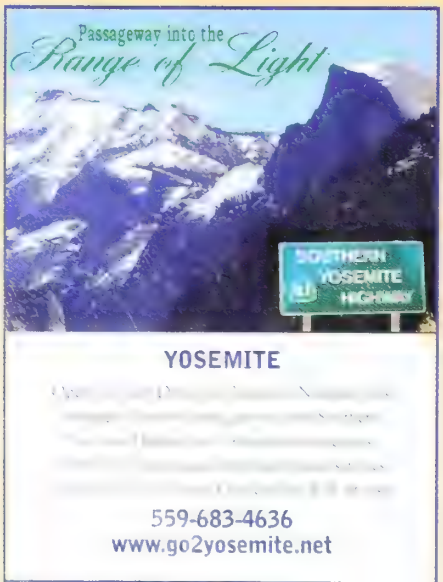
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Each print in this set of three measures 13×15 inches and is double matted in marbled beige and sage green, mounted under glass, and hand framed in gold-toned wood. The price of the set is $69.95, plus shipping, handling, and sales tax, if applicable. Please specify LAB407726.

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Just add birdseed to this handsome feeder *(above)* and you'll attract a variety of feathered friends to your garden. Featuring floral edging and a distinctive dragonfly ornament, the feeder is handmade of cast aluminum and rests on a detachable pole. It measures 9 inches in diameter and is 16½ inches tall. The price is $28.95. Specify LAB300053.

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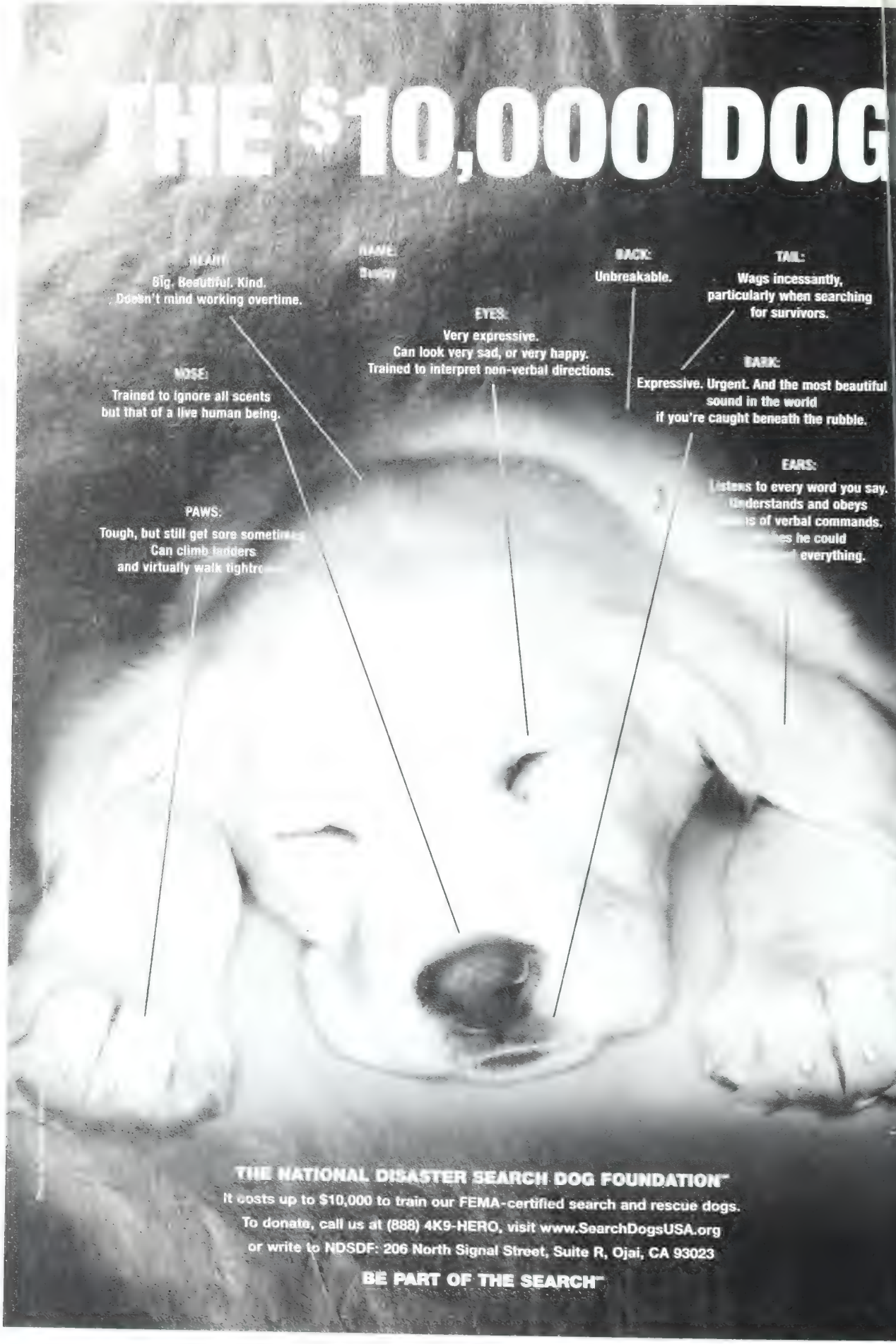
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BELLY FAT?

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According to government researchers, the link between stress, tension, and excess belly fat is clear. High levels of cortisol – a nasty little stress hormone – cause pound after pound of excess body fat to accumulate around your waist and tummy... a health-threatening, figure-destroying condition affecting an estimated 47 million Americans... mostly women.

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Not only can Relacore reduce belly fat in conjunction with proper diet and exercise, but it also helps balance hormone levels that cause stress-induced obesity and binge eating. If your exercise time is limited, Relacore is the best way to control the accumulation of cortisol and belly fat because the formula nips the problem of stress and anxiety in the bud, so to speak.

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If you answered "Yes" to one or more questions, your extra belly fat might be due to excess cortisol.

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Unpeeled produce now makes up a quarter of what we eat, and yet it's more than three times as likely to carry harmful—even deadly—germs. *Ladies' Home Journal* investigates what needs to be done to protect us all from this growing health hazard

The Fatal Flaw in Your Fresh Foods

BY LINDA MARSA

John Spratt's illness was as sudden as it was intense. One day in mid-October 2003, the 46-year-old senior financial service associate for a large payroll company in the Pittsburgh area found himself doubled over in [illegible] cramps, nausea, [illegible] raging fever. "He looked miserable, but we figured he was just battling the flu," says his wife, Robin, 49. [illegible]

hearty Spratt was in bed for more than a week. He seemed to recover, however, and on Saturday, October 25, he felt well enough to drive about 25 miles with his brother, Joseph, to watch his beloved University of Pittsburgh Panthers football team play their arch rivals, the Syracuse University Orangemen.

That evening, however, his symptoms returned with a vengeance. On Tuesday he went to the doctor, thought it might be the flu and scribed antibiotics because of fever. But over the next few d Spratt only felt worse. The follow Monday, November 3, after hav the dry heaves almost nonstop days and with a fever of 102. checked himself into the local ho tal and was found to be suffer from severe dehydration.

A blood test revealed that Sp was infected with the hepatiti virus, which had attacked and d aged his liver. Doctors told Robin husband might need a CONTIN


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DON'T GET MAD. GET GLAD.



ohn Spratt (with his wife, Robin) was one of three people who died from an outbreak of hepatitis A

er transplant. "I was solutely floored," she calls. That same day, nnsylvania public-health officials is ed a hepatitis A advisory in the eaver Valley area, near where the ratts live. In the following weeks, ergency rooms were flooded with ople complaining of flu-like symptms, and at least 100 were hospitaled. Most tested positive for the patitis A virus, which can incubate the body for two to six weeks bere symptoms, which can wax and ane, become evident. After epiemiologists interviewed victims, it came clear that almost all of them d something in common: They d eaten the salsa at a Chi-Chi's staurant in the Beaver Valley Mall the past few weeks. Sure enough, ratt had eaten at Chi-Chi's with s 17-year-old daughter, Jacki, three eeks earlier.

Health experts traced the source of fection to the raw scallions in the lsa. Chi-Chi's parent company oved swiftly to shut down the eaver Valley Mall outlet and pulled allions from the menu of the other 0 restaurants in the Chi-Chi's chain. was ruled out that food handlers d been the source of the infection: If ey had been, they would have gotten k long before the customers, not at e same time. So although the restaunt chain unwittingly spread the virus its salsa, the contamination actually gan much earlier, in the country in hich the green onions were grown.

Hepatitis A is spread by contact th fecal matter (not by kissing or eezing, for instance), which can happen when someone, after using the bathroom, does not wash his hands well after going to the bathroom and then touches things that other people touch. It is a hardy virus that can remain infectious outside the body for four weeks or even longer. It can also infect produce when the fruits and vegetables are irrigated with, washed in or packaged in ice made from water that has come in contact with infected fecal matter. The scallions used to make the large batches of salsa that infected Spratt were imported from Mexico, and experts suspect the virus became embedded in the tight layers of the onions, which means that even washing them with clean water wouldn't have been enough to remove the virus. (Only cooking the scallions would have killed the germs.) In fact, the Beaver Valley Chi-Chi's had consistently gotten top marks for its food-safety standards from the local health department.

The virus was spread through raw scallions in salsa, but the infection began on a farm in Mexico

But this discovery didn't help John Spratt, who was sinking fast. (Jacki, Spratt's daughter, tested positive for hepatitis A, too, but she may have ingested less of the salsa and had only mild symptoms. She recovered within a day or two.) By Wednesday evening, Spratt was having trouble breathing, and his blood pressure dropped so low his doctor could barely detect a pulse. He was put on a ventilator and airlifted before dawn to University of Pittsburgh Medical Center, where he was evaluated for possible liver transplant. "We were in shock," says Robin, who describes the next week as a nightmarish roller-coaster ride.

Spratt was heavily sedated to keep him comfortable and conserve his energy while doctors fought to save his life. Robin, Jacki, the couple's 13-year-old daughter Kristen, and friends stayed at the hospital day and night. But Spratt never regained consciousness, and his liver, kidneys, pancreas and lungs began to shut down, making him too sick for a transplant. On Friday, November 14, a week and a half after he had first been admitted to the hospital, John Spratt died.

The family was devastated by his unexpected death from a virus the doctors said was usually fairly benign. "It was an extremely painful time, but it was also a blessed one," says Robin, crediting their faith as born-again Christians, "because we were able to share our love for him in those last days."

Spratt was the third of three fatalities in the largest-known hepatitis A outbreak from a single source in U.S. history. More than 650 people got sick; a 38-year-old father of two and a 51-year-old woman who celebrated her 32nd wedding anniversary at Chi Chi's also died. According to experts, this tragedy highlights a worrisome trend that threatens the health of millions of Americans.

CONTINUED

Bacteria or viruses can infect the produce more quickly through openings. If you buy fruits and vegetables that have been cut up in the supermarket, buy only produce that is refrigerated or surrounded by ice.

because the pressure of the water can remove dirt and other unwelcome intruders. Be especially thorough with foods you eat raw. Seriously consider not eating scallions raw as it's nearly impossible to clean their tight layers with water.

If you don't wash the outside and you cut into the produce, microbes on the surface may be pushed into the inner flesh.

It's often cultivated in manure, which may expose it to more microbes than other produce.

rather than a dish towel to avoid cross contamination.

in hot, soapy water for at least 20 seconds to rinse off surface bacteria before and after handling raw meat and fresh produce to avoid cross contamination.

Plastic cutting boards can be washed in the dishwasher, though water temperatures have to be hotter than 140 degrees to kill bacteria. If your wooden cutting board fits in the microwave, you can nuke it for about five minutes on high to sanitize it, as long as it has no metal pieces.

for about one minute or until steamy to eradicate harmful microbes. Launder kitchen towels regularly, too, using bleach in the wash cycle.

for meats than for fresh produce.

Approximately 25 to 35 percent of the fruits and vegetables we consume are grown in and imported from other nations, up from 20 percent in 1997. That figure can climb as high as 70 percent during winter months, when some domestically grown fruits and vegetables are out of season. Imported produce, from such countries as Mexico, Guatemala and the Philippines, is more than three times as likely as U.S.-grown produce to contain harmful pathogens such as salmonella, shigella and E. coli, according to a recent FDA study. "The reality is that we're more vulnerable to deadly food-borne germs crossing the border hidden inside produce than we are to a terrorist attack directed at our food supply," says Carol Tucker Foreman, head of the Food Policy Institute for the Consumer Federation of America (CFA), in Washington, D.C., and a former USDA official.

Because symptoms of food-borne illness are usually mild, the vast majority of cases go unreported. If you look at the statistics involving those that *are* recorded, though, you'll see a big jump. From 1997 to 2001, the annual number of reported food-borne outbreaks caused by tainted produce increased from 29 to 79, infecting more than 16,000 people, according to the Center for Science in the Public Interest, a consumer watchdog group in Washington, D.C. Although no one can confirm the *total* number of illnesses from tainted produce each year, expert estimates range from 4.5 million to as high as 38 million, or about half of all food-borne illnesses. One of the reasons fruits and vegetables are one of the top sources of food-related epidemics is because they are often eaten raw. While any food can harbor dangerous viruses or bacteria, cooking usually kills them. "Meat is safer than produce," says Michael P. Doyle, Ph.D., a microbiologist and director of the Center for Food Safety at the University of Georgia, in Griffin. "Based on conversations I've had with other experts, produce is responsible for more cases than any other food right now."

In otherwise healthy people, illness from tainted produce may cause a mild case of diarrhea or nausea that makes them feel miserable for a few days to a week. But for pregnant women, the frail elderly, young children and people with chronic ailments such as diabetes, food-borne illnesses can be catastrophic and cause miscarriages, kidney failure, paralysis and even death. As writer John Spratt, sometimes the disease is inexplicably fatal to those who have none of the usual risk factors.

"Virtually all of these illnesses and loss of life could be

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Know Your Hepatitis ABCs?

rus that attacks the liver, causing inflammation that impairs its role in fighting infections, ping bleeding, and removing drugs, impurities and other poisons from the blood. In the U.S., the most common types are A, B and C; a simple blood test can detect each virus. All have similar symptoms initially, including fatigue, dark urine, stomach cramps, loss of appetite, fever, joint pain, nausea and jaundice (the eyes and skin develop a yellowish glow), although some people may have no symptoms. Here are key facts about each of these infections.

HEPATITIS A

The virus is spread through fecal matter that is then ingested orally, whether through close personal contact with someone who is infected or by drinking contaminated water or eating tainted food.

Once people have been infected and recover, they are immune to the disease. While in most cases the infection is relatively mild, more than 100 Americans die every year from consequences of the disease.

: None, though victims may be hospitalized to treat dehydration

About 10,600 cases are reported each year; many thousands more may go unreported and undetected.

Routine immunization for those over age 2 is currently recommended only in 11 states where incidence is twice the national average. In an additional six states, vaccinations may also be advisable. Also recommended for tourists to regions with high rates of the virus, such as Latin America, Africa, Eastern Europe and Asia.

HEPATITIS B

The blood-borne virus is spread through exposure to blood or bodily fluids from an infected person, including having unprotected sex, sharing needles, getting needle sticks on the job (health-care workers) or from an infected mother to her baby during birth.

Can cause cirrhosis and liver cancer; anywhere from 15 to 25 percent of chronically infected people die.

Interferon, which is given by injection, and two oral medications, Lamivudine and Adefovir dipivoxil, can reduce levels of the virus.

About 1.25 million Americans have chronic infections. About 5,000 die each year.

All children in the U.S. and adults at higher risk of contracting the virus should be inoculated.

HEPATITIS C

The blood-borne virus is spread mainly from sharing needles and accidental needle sticks on the job; it is rarely sexually transmitted.

About 75 to 85 percent of infected people have a long-term chronic infection, and a few eventually require a liver transplant. About 8,000 to 10,000 die each year.

t: Two anti-viral drugs, Interferon and Ribavirin, can, in combination, eradicate the virus in some people.

An estimated 3.9 million Americans are infected with the virus.

None.

prevented if the right measures are taken at each step from the farm to the table," says Michael R. Taylor, former head of the USDA's Food Safety and Inspection Service and a one-time deputy commissioner at the FDA. All farms, whether foreign or domestic, are encouraged to follow good agricultural practices. But here in the U.S., we have a strong sanitation infrastructure. Growers in other nations don't always operate under the same safe circumstances.

The reason meat has a better safety record than produce is not just because meat is usually cooked, thus killing pathogens. The USDA, which is responsible for meat, poultry and egg safety, has about 7,800 inspectors covering 6,500 processing plants. By congressional mandate dating back nearly a century (for beef), the USDA is empowered to inspect every slaughtered animal and all meat as it goes through process

And if foreign meat and poultry c
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ORTANT INFORMATION: EMEND [illegible] anything that you already have. Tell your doctor if you are g other medicines, if you are pregnant or plan to become pregnant, or if you have liver problems. EMEND may cause us life-threatening reactions if used with certain medicines. (See the section "Who should not take EMEND?" on the adjacent e.) EMEND may also affect some medicines, including chemotherapy, causing them to differently in your body. **Women who use birth control pills while taking EMEND should use a backup method of contraception to avoid pregnancy.** The most common side cts with EMEND are tiredness, nausea, hiccups, constipation, diarrhea, and loss of appetite. e are not all of the possible side effects of EMEND.

EMEND
(aprepitant)

EMEND is available by prescription only. Please read the Patient Product Information MEND on the adjacent page, and discuss it with your doctor.

For more information, visit emend.com.

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Patient Information
EMEND® (EE mend)
(aprepitant) Capsules

You should read [illegible] you start taking EMEND [illegible] leaflet each time you refill your prescription, in case any information has [illegible] only a summary of certain information about EMEND. Your doctor or pharmacist can give you an additional leaflet that is written for health professionals that contains more complete information. This leaflet does not take the place of [illegible] discussions with your doctor. You and your doctor should discuss EMEND when you start taking your medicine.

What is EMEND?

EMEND is an antiemetic medicine for use in adult patients. An antiemetic is a medicine used to prevent and control nausea and vomiting. EMEND is always used WITH OTHER MEDICINES to prevent and control nausea and vomiting caused by your chemotherapy treatment. EMEND is not used to treat nausea and vomiting that you already have.

Who should not take EMEND?**

Do not take EMEND if you:

- are taking any of the following medicines:
  - ORAP® (pimozide)
  - SELDANE® (terfenadine)
  - HISMANAL® (astemizole)
  - PROPULSID® (cisapride)

Taking EMEND with these medicines could cause serious or life-threatening problems.

- are allergic to any of the ingredients in EMEND. The active ingredient is aprepitant. See the end of this leaflet for a list of all the ingredients in EMEND.

What should I tell my doctor before and during treatment with EMEND?

Tell your doctor:

- if you are pregnant or plan to become pregnant. It is not known if EMEND can harm your unborn baby.
- if you are breast-feeding. It is not known if EMEND passes into your milk and if it can harm your baby.
- if you have liver problems.
- about all your medical problems.
- about all the medicines that you are taking or plan to take, prescription and nonprescription medicines, vitamins, and herbal supplements. EMEND may cause **serious life-threatening reactions** if used with certain medicines (see the section **Who should not take EMEND?**). Some medicines can affect EMEND. EMEND may also affect some medicines, including chemotherapy, causing them to work differently in your body.

Your doctor may check to make sure your other medicines are working, while you are taking EMEND. Patients who take COUMADIN® (warfarin) may need to have blood tests after each 3-day treatment with EMEND to check their blood clotting.

Women who use birth control pills while taking EMEND should also use a back-up method of contraception to avoid pregnancy.

How should I take EMEND?

- Take EMEND exactly as prescribed.
- EMEND is a capsule that you swallow with a drink.

The recommended dose of EMEND is:

- Take one 125-mg capsule (white/pink) by mouth 1 hour before you start your chemotherapy treatment; **AND**
- Take one 80-mg capsule (white) each morning for the 2 days following your chemotherapy treatment.
- EMEND may be taken with or without food.
- Do not start taking EMEND if you already have nausea and vomiting. Ask your doctor what to do.
- If you take too much EMEND, call your doctor, local emergency room or poison control center right away.

What are the possible side effects of EMEND?

The most common side effects with EMEND are:

- tiredness
- nausea
- hiccups
- constipation
- diarrhea
- loss of appetite

These are not all of the poss effects of EMEND. For further tion ask your doctor or pharm to your doctor about any side e bothers you.

General information about t EMEND

Medicines are sometimes pr for conditions that are not men patient information leaflets. D EMEND for a condition for wh not prescribed. Do not give E other people, even if they h same symptoms you have. It m them. Keep EMEND and all m out of the reach of children.

This leaflet summarizes th important information about E you would like to know more i tion, talk with your doctor. You your doctor or pharmacist for i tion about EMEND that is wr health professionals.

What are the ingredients in EM

Active ingredient: aprepitant

Inactive Ingredients: Sucrose, crystalline cellulose, hydrox cellulose and sodium lauryl sul capsule shell excipients are gel titanium dioxide. The 125-mg shell also contains red ferric ox yellow ferric oxide.

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Issued March 2003

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oduce. And yet it is not armed ith a congressional mandate to olice the imported food supply lequately. Additionally, many nsumer advocates insist the agency woefully low on resources. The DA doesn't get as much federal oney for food safety as the USDA oes, says Taylor, who is currently rector of the Risk, Resource and nvironmental Management Divi- on of Resources for the Future, a 'ashington, D.C.–based think tank. nd as the amount of fruits and veg- ables the U.S. imports has in- eased, the percentage of foreign oduce inspected at the border by e FDA has actually dropped from percent in 1992 to less than 2 per- nt now. Just 900 inspectors must ver 420,000 places where food is ld, processed or transported in e U.S. Worse, the FDA is allowed stop shipments only at the bor- r, which does nothing to fix the urce of contamination.

When contamination is spotted, e government moves as quickly as ssible to contain the problem by acking the source of infection and izing the food. In the Chi-Chi's se, although the scallions were ob- ously not stopped on their way to this country, FDA investigators ere able, after the outbreak, to ace the scallions to four food grow- s in northern Mexico. Inspections f their fields later identified many otential contamination sources, in- uding inadequate hand-washing fa- lities, lack of sanitizing systems to emove harmful germs from pro- uce, inadequate water purification ystems, and antiquated pipe sys- ms that might have allowed seep- ge from sewage lines to water lines.

To stem further infections, the DA halted shipments from these rowers at the border, according to David Acheson, M.D., chief med- ical officer for the FDA's Center for Food Safety and Applied Nutrition in College Park, Maryland. But by then, of course, scores of people were ill. (There is a continuing import alert on scallions from these growers, which means they can be withheld from coming into the U.S. until they meet FDA standards.)

Today, FDA practices have come under the congressional spotlight, but ironically, it was a non-food-related event that put them there: the September 11th attacks and the subsequent establishment of the Department of Homeland Security. In December 2003, under the Homeland Security Act, the FDA was given more power and resources to inspect shipments at the border in order to thwart possible bioterrorist attacks. But critics say ramping up inspections at the border is too little, too late: The agency still has little sway with foreign growers and can inspect their fields only with local authorities' permission. The FDA needs to be able to go to Mexico, Guatemala and the dozens of other countries that export produce and certify that the farms have clean water and sanitary conditions. We do it for meat and poultry, experts say, so we ought to be doing it for fruits and vegetables, too.

"By the time produce reaches the border, it's already too late," says Dr. Doyle. Although inspectors are empowered to collect samples of produce and ship them to nearby laboratories for evaluation, "The reality is that inspection isn't going to solve the food-safety problem," he says. "We need a greater presence for the FDA in the fields, and in the handling and processing areas in other countries." Only strict enforcement of more sanitary conditions on the farms can prevent these contaminations.

CONTINUED

"No one does romantic suspense better!"
—Janet Evanovich

NEW YORK TIMES BESTSELLING AUTHOR

CARLA NEGGERS



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In a perilous search for truth, long-held secrets are guarded with a deadly vengeance...



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Public health officials have long known about the systemic weaknesses that allow food-borne pathogens to slip into this country. Yet precious little legal action has been taken to remedy the situation. In the late 1990s, two high-profile outbreaks were caused by foreign produce: Mexican strawberries tainted with hepatitis A sickened 250 teachers and schoolchildren in Michigan, and raspberries grown in Guatemala infected with Cyclospora bacteria made more than 2,000 people ill in the U.S. and Canada. These outbreaks prompted a probe by the General Accounting Office (GAO), the investigative arm of Congress. The GAO's 1998 report concluded that the FDA's monitoring system was woefully inadequate. The biggest barrier to ensuring the safety of imported food, it said, was that the agency doesn't have the power to insist that food-exporting countries have the same food-safety system as the U.S. does. At the time, a deputy FDA commissioner hailed the findings as "a wake-up call to Congress," and appealed to lawmakers for more resources to implement reforms.

In 1999, several bills were introduced in Congress that would provide more resources and combine all food-safety functions into one superagency. They proposed replacing the current patchwork quilt of overlapping bureaucracies, including the USDA, FDA, the National Marine Fisheries Service (which inspects fish), and nine other regulatory agencies that are chronically understaffed and underfunded. A 1999 GAO report highlighted the absurdity of having one agency, the USDA, inspecting frozen meat pizza while another, the FDA, regulated frozen cheese pizza. But the proposed laws were never enacted because, s CFA's Foreman, "the food in lobbied against them, not wan implement the changes the insp might mandate."

Later this spring, Sen. R Durbin (D-Illinois) is introdu retooled Safe Food Act, and a tical bill will be introduced House by Rep. Rosa DeLau Connecticut). Both bills would solidate all food safety, inspe and labeling functions int superagency funded by the bined budgets of the current grams in 12 different age presumably decreasing waste a proving efficiency while realloc resources. This would raise the of standards across the board s produce, whether imported o mestic, would be monitored stringent standards similar to the USDA currently has in pla meat. "Our current food-safet tem is a food fight among fe agencies playing by 12 rule bo says Durbin, who serves on the ate Appropriations Subcommitt Agriculture. "We have politi their worst in an area where A can families rightfully demand best." (Want to show your sup See our editorial on page 182 our petition on page 185.

Sadly, these efforts are too la people like John Spratt, who be alive today if such protec had already been in place. "H such a warm, funny personality everyone was taken with him." Robin, his wife of 19 years, "a was very involved in our daug lives. It still hasn't really sunk i he's gone. But because of our we are comforted to know we meet again in heaven."

Find health news you c use at: www.lhj.com/h



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A Growing Health Hazard in Our Food Supply

Today, the world eats at one big global dining-room table. The food on our plates now comes to us not just from our own fertile fields, but from countries around the world. And indeed, the percentage of fresh produce the U.S. is importing today from abroad is growing by leaps and bounds.

In a lot of ways this is a wonderful thing. It helps bolster the economies of the developing countries we import from. It allows us to have all manner of produce year-round, not just when it's in season here. And it even occasionally introduces the American palate to specialty produce or flavors of different countries, creating a potential gateway to an appreciation of their cultures.

There is, however, a frightening flaw in our system: Imported produce is three times as likely as domestic produce to be infected with harmful pathogens that may sicken and even kill. (Read our detailed report, "The Fatal Flaw in Your Fresh Foods," on page 172.

Why? Many of the developing countries we import from don't employ the same safety methods in food growing and handling that Americans have come to enjoy, and ultimately take for granted, from our domestic growers and handlers. While domestically grown produce is not 100 percent immune from infection, there is a vigorous system of safeguards in place. And yet, the produce we are eating in greater percentages from abroad is grown and processed in countries where water purification and sanitary standards may be poor, a recipe for brewing deadly germs.

in the form of the USDA, has long been legally empowered to screen the meat that travels to our dinner plates, regardless of whether the plant is in Texas or in Australia. Countries selling beef to U.S. consumers must adhere to the standards we set for meat safety, or we don't do business with them.

However, contemplate the fact that we have not empowered the FDA, which oversees produce, at anywhere near the same level. The FDA can inspect produce only at the border, and apart from the problem of inspectors being outpaced by the growing amount of produce coming in, this border patrol is little better th Band-Aid on a gunshot woun the time produce gets that far, it already have been contaminated viruses that are stealthy killers, cent outbreak of hepatitis A, fo stance, which sickened more 600 Americans and killed th could have been eliminated onl policing at the farm level.

To protect our fruit and vege supply, we must insist that for growers who want to sell their duce in the U.S. adopt, enforce certify that the proper food sa programs are in place. American tailers should refuse to profit f any importers that do not coope And if U.S. interests own the fa abroad, they ought to be require farm there using the same stand followed here.

Initiatives in Congress to add this have been reinvigorated, ir cally, by the September 11th terr attacks, because it awakened ou tention to possible bioterrorist ac our borders. That's terribly im tant, of course, but meanwhile, not forget that Mother Nature wreak plenty of havoc of her o and protecting against this requir completely different kind of sea and-destroy effort.

that we need to action to safeguard our produce be turn to page 185 to sign our peti or go to *www.lhj.com/petition*. We bring the petition before Congres your behalf and ask our governm to make the changes we need now.

WWW



4 American Heart Association, Inc. All rights reserved. Unauthorized use prohibited.

At the age of 27, father and husband Cedric Douglas was paralyzed by a stroke that eventually took his life. He wasn't the only victim. Stroke is America's number three killer and a leading cause of long-term disability. The American Heart Association can help provide lifesaving information for your family. We have the research. We have the knowledge. Let us share it with you. Visit or call for your free Learn and Live Health Quiz.

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between light and shadows. Ou
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Greenwood includes: 'Unity' (*to*
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Unity



Awakened



Harmony

ign Our Petition for Safe

you want more done to ensure that imported produce is
ee of harmful pathogens, sign this petition declaring your
pport for initiatives, including legislation, that would:

- **Require foreign countries that sell produce to the U.S. to follow the same standards of sanitation for water, soil and workers as U.S. farms do**
- **Ask retailers to refuse to sell imported produce from farms or companies that have not met these standards**
- **Grant the FDA or other government agencies more authority and resources to proactively inspect imported produce and foreign farms for dangerous viruses and bacteria**
- **Support the Safe Food Act being introduced by Sen. Richard Durbin and Rep. Rosa DeLauro, which would consolidate all food safety, inspection and labeling functions into one superagency funded by the combined budgets of the current programs in 12 different agencies, presumably decreasing waste and improving efficiency while reallocating resources**

sign our petition, please fill out the form below and mail it to Ladies'
ome Journal Safe Produce Petition, 125 Park Avenue, 20th Floor, New
rk, NY 10017, or go to *www.lhj.com/petition.*

First name_____* Last name_____

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Comments_____

required information

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Chicken Burgers With Parsleyed Tomato Relish

PHOTOGRAPHS BY PAULA HIBLE
RECIPES BY ANNE BAILEY

YOUR SHOPPING LIST

To prepare all five of our recipes, you'll need to take only one trip to the grocery store for these eight simple ingredients.

- 5 pounds boneless, skinless chicken breasts
- 24 fresh plum tomatoes
- 2½ pounds mushrooms
- 4 ten-inch flour tortillas
- 8 ounces Monterey Jack cheese
- 1½ pounds angel-hair pasta
- 1 cup basmati rice
- 4 sandwich rolls


SURPRISE
INSIDE
GUESS
WHAT'S
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?


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SHREDDED WHEAT



icken-Vegetable
ews With Rice

minutes first so they don't burn when ling. If you don't have skewers, arrange the ken and vegetables directly on a broiler pan tly brushed with some olive oil.

ep time: 20 minutes
oking time: about 30 minutes

- 5 tablespoons olive oil
- 2 cup chopped red onions
- 1 cup basmati rice
- 2 cups chicken broth
- 2 tablespoons chopped, fresh flat-leaf parsley
- 1 tablespoon red-wine vinegar
- 2 teaspoons chopped fresh thyme
- 1 garlic clove, minced
- 2 teaspoon salt
- 8 teaspoon freshly ground pepper
- 1 pound boneless, skinless chicken breasts, cut into 1-inch cubes
- 2 pound mushrooms (large ones halved)
- 4 plum tomatoes, quartered

1. Heat 1 tablespoon oil in a medium saucepan. Add onions and cook, stirring occasionally until softened, about 5 minutes. Stir in rice, then add broth and bring to a boil. Reduce heat to low, cover and cook until rice is tender, about 15 minutes.
2. In a large bowl, whisk remaining olive oil, parsley, vinegar, thyme, garlic, salt and pepper. Add chicken, mushrooms and tomatoes and toss until well coated. Thread alternating pieces of chicken, mushrooms and tomatoes on skewers.
3. Heat broiler. Lightly oil a rack and place on a broiler pan. Arrange skewers on rack and broil 6 inches from heat source, 5 to 7 minutes. Turn skewers and continue to broil 5 minutes more, until chicken is cooked through. Serve skewers over rice. Makes 4 servings.

Per serving: 415 calories, 13.5 g total fat, 2 g saturated fat, 66 mg cholesterol, 905 mg sodium, 43 g carbohydrates, 34 g protein, 29 mg calcium, 2 g fiber

The trick to juicy, golden-brown chicken cutlets? Start with a hot pan and don't overcrowd it or the chicken will end up steaming. If your pan is small, cook the cutlets in batches.

Prep time: 20 minutes
Cooking time: about 20 minutes

- 2 teaspoons chopped fresh thyme
- 3/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 4 boneless, skinless chicken breast halves (1 lb. total)

CONTINUED



- ½ cup olive oil
- 1 pound angel-hair pasta
- ½ pound mushrooms, thinly sliced
- 1 large red onion, sliced
- 3 large garlic cloves, minced
- 1 can (14½ oz.) chicken broth
- 1 tablespoon flour
- 1 teaspoon Dijon mustard
- 6 plum tomatoes, thinly sliced
- ¼ cup chopped, fresh flat-leaf parsley

1. Combine 1 teaspoon thyme, ½ teaspoon salt and ⅛ teaspoon pepper in a cup. Sprinkle over both sides of each chicken breast. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add chicken to skillet and cook until golden and cooked through, turning once, about 7 minutes. Transfer to a platter and cover.

2. Cook pasta according to package directions. Meanwhile, heat 1 tablespoon oil in same skillet over medium-high heat. Stir in mushrooms and onion and cook, stirring occasionally until onion is translucent, about 7 minutes. Stir in garlic and cook 1 minute more. Transfer to a large bowl. Whisk together broth, flour and mustard, then add to skillet and bring to a simmer, about 1 minute. Stir in tomatoes, parsley and remaining thyme and cook 1 minute more.

3. Transfer drained pasta to a large serving bowl and toss with remaining oil, salt and pepper, then stir in mushroom mixture and hot broth mixture. Serve with chicken. Makes 4 to 6 servings.

Per serving: 595 calories, 14.5 g total fat, 2 g saturated fat, 53 mg cholesterol, 790 mg sodium, 79 g carbohydrate, 36 g protein, 55 mg calcium, 4 g fiber

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icken B[illegible]
rsley

...y to grind your own chicken from boneless ...s chicken breasts; simply pulse the cut up ...en in a food processor. The at-home ... has less fat than most of the ground chicken ...repackaged in the grocery store.

...p time: 30 minutes
...king time: about 20 minutes

- ...plum tomatoes, diced
- ...tablespoons chopped, fresh flat-leaf parsley
- ...teaspoon chopped fresh thyme
- ...teaspoon salt
- ...teaspoon freshly ground pepper
- ...cup olive oil
- ...cup chopped red onions
- ...tablespoon white-wine vinegar
- ...cup mayonnaise
- ...tablespoons Dijon mustard
- ...ch cayenne pepper
- ...pound finely chopped mushrooms
- 1 garlic clove, minced
- 1 pound boneless, skinless chicken breast halves, cubed
- 1 large egg
- ¼ cup seasoned breadcrumbs
- 4 sandwich rolls

1. *Make relish:* In a medium bowl, combine tomatoes, parsley, thyme, ¼ teaspoon salt, ⅛ teaspoon pepper, 2 tablespoons olive oil, ...cup onion and vinegar. Set aside.
2. In a separate bowl, combine mayonnaise, mustard and cayenne pepper. Set aside.
3. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add mushrooms and remaining onions and cook, stirring occasionally, about 7 minutes, until onions are translucent. Stir in garlic and cook 1 minute more.
4. Place half of chicken in a food processor with a metal blade. Pulse a ...rumbs, remaining salt ... Add remaining chicken and pulse just until ... is cut into small cubes but not ... Turn mixture into a bowl ...r in mushroom onion mixture. ... patties. Set aside.
5. In same skillet, heat remaining oil ... and cook chicken burgers about 5 minutes per side, until cooked through. Spread mayonnaise mixture on rolls and serve burgers with tomato relish. Makes 4 servings.

Per serving: 600 calories, 30.5 g total fat, 4.5 g saturated fat, 127 mg cholesterol, 1,222 mg sodium, 44 g carbohydrates, 37 g protein, 110 mg calcium, 3 g fiber

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Four Easy Hillshire Farm Dinners

...ART WITH	ADD	END WITH
...Tbsp. butter ...frozen O'Brien potatoes ...frozen mixed vegetables	1 pkg. Hillshire Farm Polska Kielbasa, sliced	½ tsp. seasoned salt ¼ cup Parmesan cheese
...Tbsp. butter ...refrig. potatoes & onions ...en pepper, chopped	1 pkg. Hillshire Farm Beef Hot Links, sliced	...cup barbecue sauce
...cooked rotini pasta ...ccoli coleslaw, chopped ...cherry tomatoes ...or green pepper, chopped	1 pkg. Hillshire Farm CheddarWurst, diced	½ cup honey mustard salad dressing
...2 inch pizza crust ...p Dijon-mayonnaise	½ pkg. Hillshire Farm Smoked Sausage, diced	1 cup shredded Swiss cheese ¼ cup green pepper, chopped ¼ cup green onion, chopped



...time.

...lace you want to spend time during the summer ...s in your ...o your first thought for dinner should b... ...Sausage. It's quick. It's easy. And with lean cuts c... ...and just the right spices, it has that home-cooked taste ...y craves.





FOR MOM WITH LOVE

With our tasty menu and easy party-planning tips, you can make your mom feel like queen for a day at her Mother's Day brunch





food journal

THE MENU

Potato and Pepper Frittata

Smoked Salmon With
Sour Cream, Red Onions and Capers

Assorted Bagels

Steamed Asparagus

Apricot Bellinis

Fruit and Yogurt Parfaits

Lemon Pound Cake



Opposite page, clockwise from top left: Apricot Bellinis are made with champagne and apricot nectar; edible flowers adorn the Lemon Pound Cake; Potato and Pepper Frittata is a hearty main course; Mom is given a photo album as a gift; Yogurt Parfaits look tempting. This page: Smoked Salmon With Sour Cream, Red Onions and Capers adds a final touch to the buffet spread

PHOTOGRAPHS BY JOHN KERNICK
RECIPES BY ANNE BAILEY
TEXT BY DOMINIQUE ANDREWS





Heaven knows she made you a lot of meals. Now you can return the favor with an easy, elegant Mother's Day brunch. Here, Phyllis Cambria and Patty Sachs, co-authors of *The Complete Idiot's Guide to Throwing a Great Party* give us their tips for making this special occasion unforgettable.

Of course you could simply pick up the phone to invite your mother to this party, but don't. Send her a formal invitation, which sets the tone for excitement. You can attach it to a bouquet of her favorite flowers when it's delivered.

Capture on videotape the prebrunch planning sessions, cooking, decorating and other laughter-filled preparations to show during the party or give to her after as a gift.





Clockwise from top left: Round out the buffet menu with dishes that are a snap to prepare, such as a simple platter of steamed asparagus sprinkled with lemon zest and juice, and get kids to help bring food to the table; Mom enjoys the company of her family, a beautiful table set with bouquets of fresh grape hyacinth, and a delicious brunch; a slice of Lemon Pound Cake is ready for the taking; the boys are poised to dive into sweet and refreshing Yogurt Parfaits

Incorporate some store-bought items such as bagels and smoked salmon into your menu and also prepare a few homemade favorites (see our recipes, page 200).

Create a booklet of the brunch recipes to give each guest as a party favor.

If you have a CD burner, create a personalized CD of Mom's best-loved songs. Use it as background music, then give it to her as a keepsake.

Test your guests' knowledge with a lively trivia game and competition based on memories of Mom.

Present Mom with a photo album and include pictures and mementos from her childhood through today. Be sure to leave space at the end for photos from the day's festivities.

CONTINUED


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1 CUT 1 oz. of KRAFT Cheddar Cheese into 3 slices.
2 PLACE 1 slice on each of 3 RITZ Crackers.
Makes 1 serving, 3 topped crackers
Nutrition Information Per Serving (3 RITZ Cra
7g saturated fat, 30mg
7g protein
70 calories, 12g total fat,
6g carbohydrate, 0g dietary fiber,
For the love of snacking.
RITZ
CRACKERS



The children eagerly await th turn at the buffe

...proof skillet, one with ...; just be sure ...ith aluminum foil.

Prep time: 25 minutes
Cooking time: about 35 minutes

- 6 large eggs
- ¾ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 3 tablespoons olive oil
- ¾ pound Idaho potatoes, peeled, halved and sliced ¼-inch thick
- 1 medium onion, sliced
- 1 orange bell pepper cut into ¼-inch strips
- 5 ounces baby spinach
- 1 cup grated Gruyère cheese
- 1 teaspoon chopped fresh thyme

1. Whisk eggs, salt and pepper. **2.** In a 10-inch nonstick skillet, heat 1 tablespoon of oil over medium heat. Add the potatoes and cook, stirring frequently, 7 to 10 minutes, until they begin to soften. Add another tablespoon of oil, onion and pepper and cook, stirring frequently, 7 to 10 minutes more, until onion is translucent and peppers are soft. Reduce heat to low and stir in spinach. Cover and cook 2 minutes. Sprinkle in cheese and thyme. Pour in eggs, reduce heat to medium-low and cook, uncovered, about 10 minutes until eggs begin to set. Meanwhile, heat broiler. Transfer skillet to broiler and cook until eggs are just set (watch carefully so they don't burn). Makes 6 servings.

Per serving: 270 calories, 18 g total fat, 6 g saturated fat, 233 mg cholesterol, 465 mg sodium, 14 g carbohydrates, 14 g protein, 243 mg calcium, 3 g fiber

We ... are marked as edible and preferably "organic" in produce departments or farmers' markets. ... or decorate with flowers from florists or the wild; there's a chance that they may ...

Total prep time: 15 minutes plus stand...

- 16 ounces strawbe...
- 1 tablespoon sugar
- 1 teaspoon freshly grated ginger
- 6 ounces raspberries
- 32 ounces plain yogurt
- ¼ cup honey
- ½ cup chopped, toasted walnuts

1. Combine strawberries, sugar and ginger in a bowl. Let stand 5 minutes. Gently stir in raspberries. Set aside. **2.** Place ¼ cup yogurt in each of 6 parfait glasses. Layer each with 1 teaspoon honey, then fruit. Repeat with another layer of yogurt, honey, then fruit. Top with walnuts. Serve immediately. Makes 6 servings.

Per serving: 245 calories, 9 g total fat, 2 g saturated fat, 9 mg cholesterol, 108 mg sodium, 35 g carbohydrates, 10 g protein, 303 mg calcium, 4 g fiber

Prep time: 25 minutes plus standing
Baking time: about 45 minutes

Cake:

- 2... cups all-purpose flour
- ... cups granulated sugar
- 2½ teaspoons baking powder
- ... teaspoon salt
- ... cup unsalted butter, melted
- 2 teaspoons lemon extract
- 4 large eggs

Glaze:

- 2½ cups confectioners' sugar
- ⅓ cup fresh lemon juice

1. *Make cake:* Heat oven to 325°F. Grease and lightly flour a 12-cup bundt pan. With an electric mixer at low speed, blend all cake ingredients in a large bowl until just combined, then continue beating on medium speed 3 minutes more. Pour into prepared pan and bake until a toothpick inserted in center of cake comes out clean, 40 to 50 minutes. Transfer to a wire rack. **2.** *Make glaze:* Whisk 2 cups sugar with lemon juice until smooth. Set aside ¼ cup of this glaze. With cake still in pan, poke holes in top with a skewer, about one every inch. Pour half of the glaze over hot cake. Let stand 15 minutes. Invert cake onto a serving plate and brush the top and sides with remaining glaze. Let cool. **3.** Blend remaining confectioners' sugar with the ¼ cup reserved glaze until smooth and pourable (add a few drops of water if necessary). Drizzle over cake. Makes 12 servings.

Per serving: 460 calories, 14.5 g total fa... 8 g saturated fat, 104 mg cholesterol, 229 mg sodium, 76 g carbohydrates, 6 ... protein, 9 mg calcium, 1 g fiber

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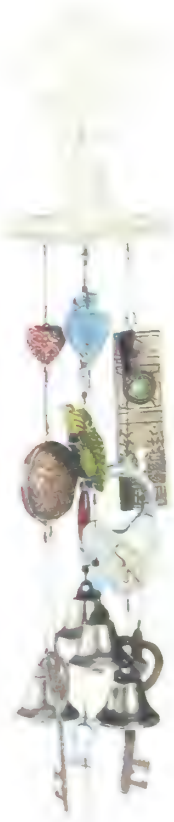
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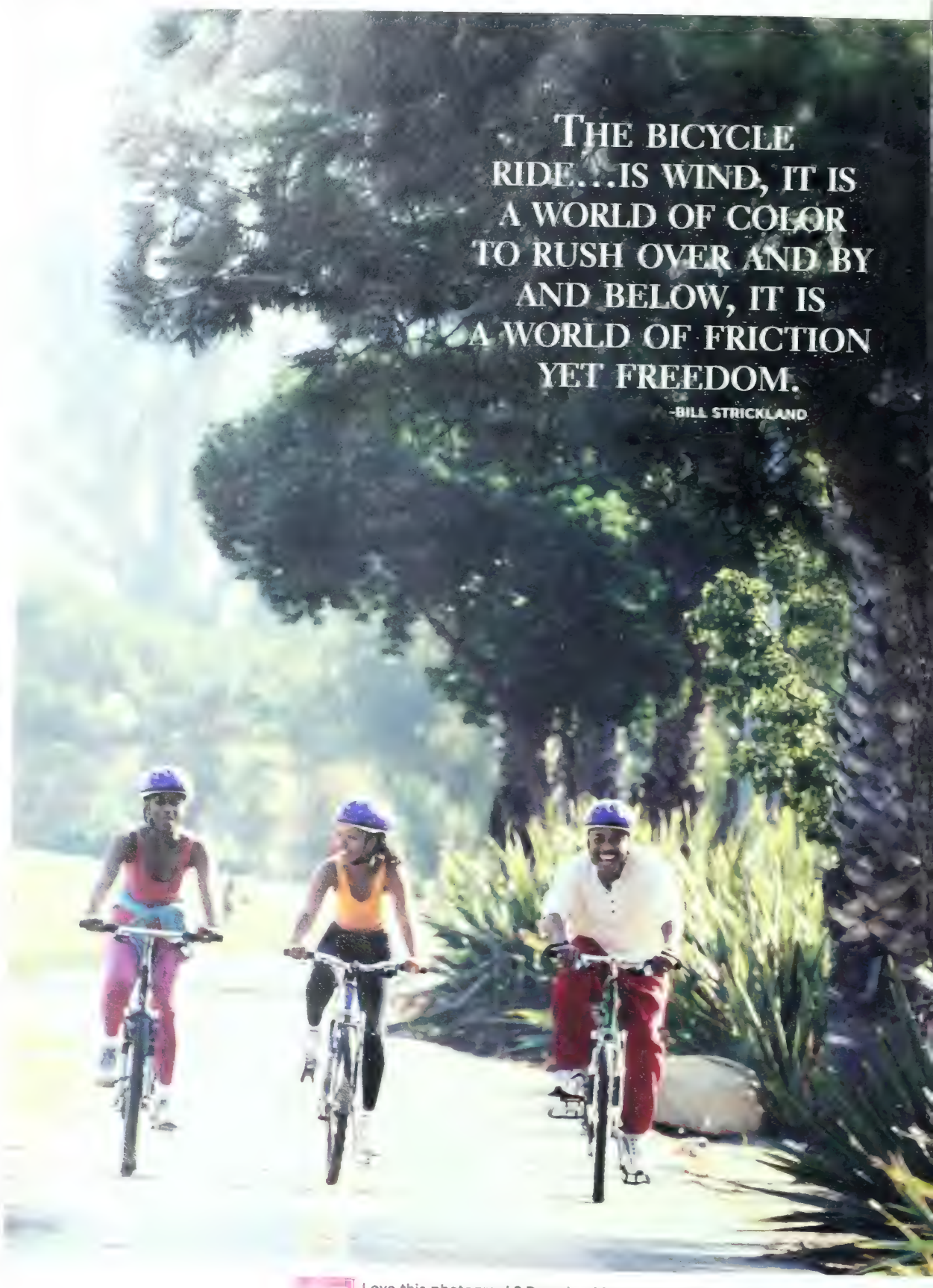
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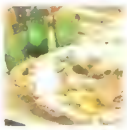
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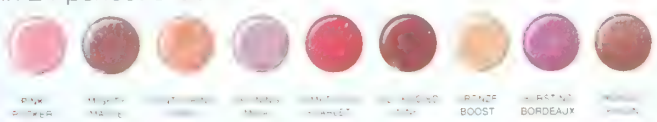


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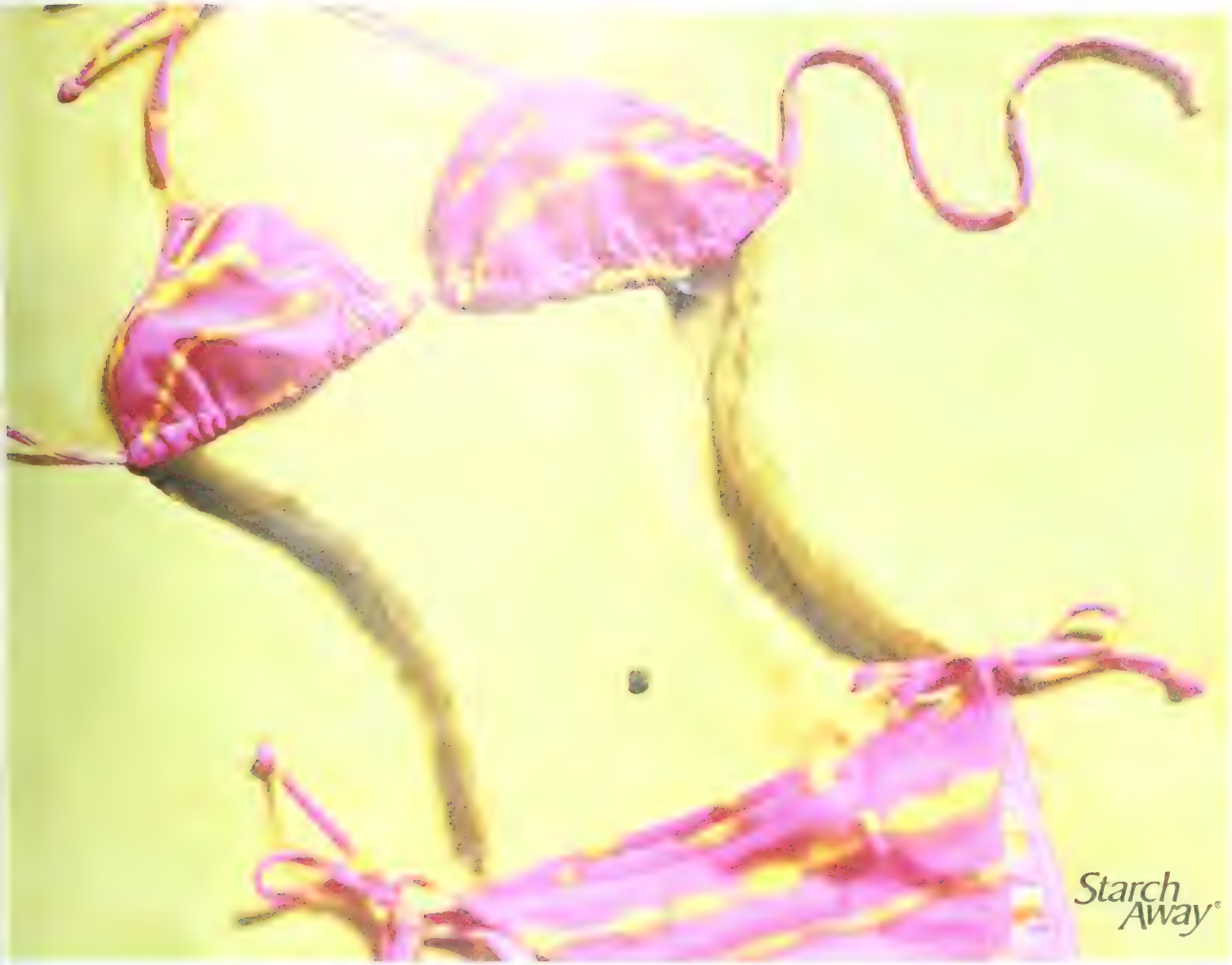
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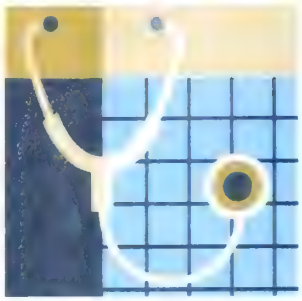
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welcome



make a magazine, and this to introduce you to our new food and en- director, Lori Powell (below), who brings passion, enthusiasm and expertise to her job, which is why, starting this month, you'll find her food stories so delightful–and useful–for busy families like yours. Lori and her talented assistant editor, Dominique Andrews, preside over spacious, sunlit test kitchens right here in our offices, where they dream up meal concepts, create recipes, test them, choose the flatware and other props, and oversee the way the meals are photographed. Weeks of planning–and chopping, slicing and seasoning–go into every photo, so that by the time we show you how to do it, it's fast, easy, aesthetically pleasing, and of course, delicious. "I can't imagine a good life without good food," says Lori. "And I never met an ingredient I didn't like!" Lucky for us on staff, we get to sample Lori's creations daily. You can, of course, make them at home. Check out Food Journal, starting on page 178, for some great grilling recipes and ideas for a fun garden party.





Take your kitchen cues from Lori Powell (left), our new food and entertaining director. At right, Sarah Ferguson takes a break at our cover photo shoot with photographer Timothy White

The other sort of creations we've been enjoying in the office are the flood of "heart art" children 17 and younger mailed to us in response to our "Send Us Your Hearts!" campaign to raise money for research to help combat women's heart disease. We asked for hearts in all three parts of our series on "The Healthy Heart" (which ran in the February, March and April issues). We received more than 1,000 hearts at last count, and Meredith Corporation, our parent company, as well as GE Healthcare, will each be donating up to $10,000 to the American Heart Asso tion. The photo you see below is of a poster created by kindergarten classes of Nancy Newman and Suzanne Bi ta at Spring Lake Heights Elementary School in New sey. Says Julie Bain, our health director, who oversaw heart series and submissions: "The hearts came mos from families that had someone affected by heart dise Lots of glitter was involved, and also pom-poms, stick ribbons and even jelly beans!" The biggest common nominator, though, was the expressions of love and well wishes for the family members battling this disease. thanks so much to every one of you who participated this fund raiser.



Speaking of charities and children, we're thril to have had another visit with Sarah Ferguson, Duchess of York. Few people on the planet are as tirel as she is, being personally involved in programs arou the world that help to better the lives of children. Th days, her travels will land her more often in America. our interview starting on page 118 for the details.

Diane Salvatore

Diane Salvatore, Editor-in-Chief
lhj.deardiane@meredith.com



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Can this marriage be saved?

"We Haven't Been the Same Since His Accident"



"Ever since my husband was confined to a wheelchair, it's as if we don't have a marriage," said Laurel, 26, a slender blond who could still pass for a teenager. "It's been more than a year since Joe broke his back and became paralyzed from the waist down. He was in an accident while riding a three-wheeled motorized bike. Not for a minute did it ever cross my mind that I wouldn't stay with my husband. I take my marriage vows seriously—in sickness and in health.

"But these days, living with him is miserable. He's so depressed that all he does is mope around the house and complain about how awful his life is. Well, it's not a bed of roses for me, either, but I'm trying to make the best of it—why can't he?

"Joe's an electrician. But because he can no longer work, I have had to become the breadwinner. Essentially we've reversed roles—he's a stay-at-home dad to our 3-year-old daughter, Zoe, and our 6-month-old son, Clayton, and I work full time as an administrative assistant. We still have a ton of medical bills because our health insurance didn't cover all his expenses, but we're doing okay.

"The problem is that I come home every night and find dishes piled in the sink, dirty clothes and towels strewn all over the place, Zoe plopped in front of the TV, and the baby fussing in his crib. Joe takes care of only the minimum essentials, like giving Clayton his bottle and making a peanut butter sandwich for Zoe's lunch. Look, if he can turn on the water in the sink to make the baby's formula, then he can turn on the water to rinse the dishes and load the dishwasher. You'd think he'd want to make himself useful instead of just hanging around the house.

"What's even worse is that half the time when I get home from work, he rolls himself right out the door and down the street to visit a buddy from his old job. This is the guy who owned the three-wheeler Joe was in when he had the accident. Sometimes he takes Joe with him to bars to hang out with the guys from work. Meanwhile, I'm left making the kids dinner, doing the whole bath and bedtime routine and cleaning up the mess he made all day. Not to mention that Joe is never interested in spending time with me.



BY SONDRA FORSYTH



nestly, I don't feel like we even
'e a relationship anymore.
'The sad thing is that we used to
'e absolutely everything going for
We were high-school sweethearts
l got married right after my gradu-
ɔn. We were so much in love. We
ghed at all the same stuff, liked
same movies and could have a
at time just renting a DVD and
ıggling on the couch. We were also totally in sync about our goals: Joe wanted to be out in the world making a good living, and I wanted to be a full-time mom like my own mother was. After we were married, Joe got a good electrician's job with my dad's construction company, and I worked odd jobs to help make ends meet. Then Joe got a better job with another company and his salary doubled. The time felt right to start a family. Zoe was born just after our third anniversary. I quit my job and was in seventh heaven, picking out curtains and painting the nursery. I'd cook a special dinner every night, and Joe was always so appreciative. We were such a happy family.

"The accident happened the Saturday before Easter that year. I had just found out I was pregnant with Clayton, and Joe and I were so CONTINUED

near our

. Then he
u, and I love Zoe and

severed. He
the waist down
h bathing and

to expect Joe
to ever regain sexual function. Joe was devastated, but I told him I loved him more than ever and that I'd take care of him for the rest of our lives.

We were lucky in one way though. The hospital where Joe was treated is the same one where Christopher Reeve has been getting rehabilitation therapy. It's one of the best in the country. Anywhere else, Joe wouldn't have had access to the kind of care that could give us the hope that one day he'd regain the use of his legs.

"I guess I thought that hope would keep Joe's spirits up and motivate him to work hard at his physical therapy and make the best of his situation. Instead he's just given up. I simply can't get him interested in the world around him. I've tried everything to help him back to where we used to be. Is

ful to be alive, but
thought of just
through my mind." says Joe, 2
ruggedly handsome 25-year-old. "I've
Laurel because she's giving
to please everything goes our

and the kids. My children are my only true reason to live.

"It drives me crazy that I can't do
things a man should do for his
family. I can't make a living, and I
can't satisfy Laurel in bed. I'm terrified she'll leave me. What good am I? My own father was the breadwinner—he owned an auto-body shop, and my mom was a homemaker—and I feel that's the way it should be. I know that's what Laurel always dreamed of, too.

"I have to say, though, she's been great about it. She's the kind of person who just deals. As soon as she realized how bad off I was, she immediately went out and got a job. I've never heard her complain about working even once. But what she does gripe about is how I don't do enough around the house. I know I should pitch in more, but I don't seem to have the energy. A lot of days I'll just stay in bed for hours while Clayton is asleep in his crib and Zoe's watching cartoons. I can't help but think that there's no hope for me. After all, nothing can change the fact that I'm paralyzed.

"One thing I do look forward to is
time with my buddy who
lives down the street, the guy who
I crashed. Laurel says he's a bad
influence, but so what if he likes to
les. I deserve to have a few
hts out with my friends. I'm home
lay with a 3-year-old and a 6-
And it's not like it was my
that I had the accident.
urse if I had it to do over.

"I'm terrified my wife will leave me. What good am I?"

I'd never have gotten on that
I'd give anything to get up o
this wheelchair. I'm like a caged
mal. Sometimes I get so angry
frustrated I want to scream. I
been doing physical therapy
hospital, but when I've made
little progress, it's discouraging
leg muscles wil
casionally
which the doc
and therapists s
a good sign.
they still don't
pect that I'll walk
my own—it's
rare in cases
mine. The best I
hope for is to
what they ca
"stand-up wheelchair," a combina
of a walker and a wheelchair.
give me enough mobility that I
even be able to go back to work.

"I know I should push myself
tle harder. But as I said, everyth
seems like such an effort. Here I
worrying that I'll lose my wife.
all I'm doing is making her mad
miserable. She wants me to sp
more time with her, but it just
me that I'm not the man she fel
love with and married. At least w
I get out with my friends I don't
to face my failures. I'm hoping co
seling will motivate me before La
decides to call it quits. Then I'd re
have no reason to go on."

from depression," said the counse
"He had thoughts of suicide, he
tired all the time, and he could
make himself accomplish more
the most basic tasks to get thro
each day. He was also obsessed w
the fear that his wife would le
him. I decided to begin by

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03/04

helping him understand that there was [illegible] a joint session [illegible] him to tell Laurel some[illegible]een keeping secret: He [illegible] guy from work who'd lost a [illegible] a car accident whose wife left him [illegible] mom. 'I guess I can't blame her,' Joe confessed.

"Laurel was absolutely dumbstruck. Her eyes filled with tears, and all she could do was shake her head. Finally she said, 'Joe, I loved you before the accident, and I love you now. That guy's wife was horrible. I would never do that to you.'

"By then they were both crying. 'You silly idiot,' Laurel said, laughing through her tears. 'All I want is for you to do the dishes and stop spending so much time with the guy down the street. I never once thought of leaving you!'

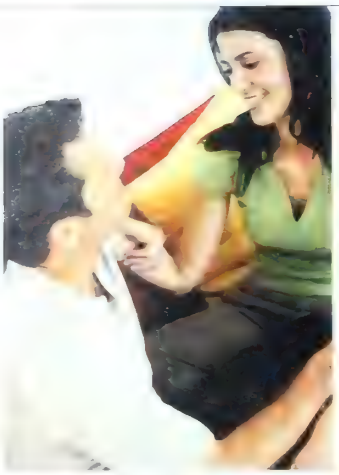
"At this point, I told Joe that doing what Laurel asked was actually the key to lifting his depression. 'She wants your help, but she also is trying to get you to do whatever you can to feel better about yourself. It'll be hard at first,' I told him, 'but I believe that once you get going your spirits will lift, you'll have more pep, and you'll want to do even more.'

"To that end, I had Laurel write a list of five things she wanted Joe to do around the house. One request was that he make her a brown-bag lunch every morning so she'd have one less thing to do before heading to work. She said she had always done that for him. Joe grinned and said he'd give it a shot. He did start making her lunch and took to writing little notes on the napkin like 'I'll miss you today' and 'Let's rent a DVD to watch after the kids are in bed.' This was exactly what Laurel needed. Joe was also true to his word about doing the other items on Laurel's list, such as loading the dishwasher and picking up after the kids. Her praise made him try harder. Pretty soon Joe started taking more interest in the kids, playing educational games and reading to them. He also vowed that he would start spending more time on physical therapy at the hospital rehab center, using a bike with electric stimulation that is specially designed for paraplegics. 'Now I have a reason to wake up in the morning,' he told me at one session. Joe did eventually get strong enough that he could use the standup wheelchair. After that, he advanced to using braces and crutches, swinging his legs to propel himself forward. 'I'll never forget the first time he did it,' says Laurel. 'He's not actually walking, of course, but he's getting around on his own. It's a miracle to us.'

"'The therapists were so pleased that they asked me to mentor new patients, especially teenagers,' Joe told me. 'I tell those kids to work really hard and never lose hope. I like being a good example for them. But the greatest day was when I finally went back to work. Now that I'm a breadwinner again, I'm a man again. And you know, with the help of an erectile-dysfunction drug, we're even trying to renew our sex life. To think they said it would never happen!'

"Laurel is thrilled with Joe's transformation and gives him constant encouragement. She'll keep working until their bills are paid off, and then she plans to go back to being a full-time mom. He has a good salary with full benefits, including medical insurance. Right now, Zoe is in preschool and Laurel's mother takes care of Clayton, but Laurel is really looking forward to her life's next chapter.

"'Then I'll also have time to cook special dinners like I used to,' she told me. 'Everything is working out after all. And you know, Joe and I are more in love than ever. When you get tested the way we did, you come out stronger in the end.'"



"Now I have a reason to wake up in the morning," Joe said



"Can This Marriage Be Saved?" is the most popular, most enduring women's magazine feature in the world. This month's case is based on interviews and information from the files of Patricia Dunn Horn, a counselor at the Catholic Charities in Alton, Illinois. The story told here is true, although names and other details have been changed to conceal identities. "Can This Marriage Be Saved?" is a registered trademark of Meredith Corporation.

With whom do you sympathize more—Joe or Laurel? Tell us at: www.lhj.com/talkmarriage

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Her Depression Was Tearing Them Apart

Bob couldn't understand why Karen was depressed, and he wanted her to "snap out of it." Could he give his wife the sympathy and comfort she needed?

In 2000, Karen and Bob Neas of Trexlertown, Pennsylvania, were convinced that their three-year marriage was falling apart. Karen, then 26, felt so overwhelmed working for a nursing agency and going to school that she had trouble sleeping, listening and concentrating on everything from homework to housework. "Some days, Bob would come home and find me in bed, with the dishes stacked in the sink and nothing for dinner," said Karen. "The more I showed how anxious I felt about work and school, he'd fly off the handle. From there, we'd fight about anything and everything." Bob, then 27 and a foreman for a construction company, wanted Karen to snap out of her sadness: "I thought she was looking for attention. And I hated how she dumped her problems on me the minute I walked in the door." Karen's depression fueled Bob's temper, which was rooted in residual anger from the death of his father when he was a child. The more Karen moped, the angrier Bob got.

Finally Karen sought help from a psychiatrist who diagnosed her with depression, prescribed antidepressants and recommended that she and Bob attend marriage counseling. Abby E. Murphy, a psychotherapist in nearby Allentown, helped Bob understand that depression is a legitimate illness, making him more sensitive to his wife's moodiness. Meanwhile, Karen's medication lifted her sadness, and she learned to give Bob the downtime he needed to de-stress after work. Karen, now 30, and Bob, now 31, just celebrated their seventh wedding anniversary. We checked in to see how they're doing.

Three years ago I completed my associate's degree and got a job as a registered nurse. After a year, I tapered off the medication because my mood had stabilized, and I wasn't feeling overwhelmed anymore.

Bob: Now, if Karen feels a bout of the blues coming on, she'll tell me how she's feeling. I'm so proud of her. She really is a new person.

Karen: And Bob is, too! In November 2002, he changed careers. He went into business for himself, installing concrete sidewalks, patios and driveways. He's more fun to be around.

Bob: I'm also happier because Karen and I now resolve our differences quickly, rather than letting arguments drag on for days or weeks.

Karen: We're really enjoying each other's company. We go out to dinner every Friday night, we socialize with friends on the weekends, and we take a few trips every year. Right now, we're planning a vacation to the Caribbean. I feel like we're a new couple.

Was your marriage saved? If marriage counseling improved your union, e-mail us at canthismarriage@meredith.com. If we use your story, we'll pay you $500.

BY CYNTHIA HANSON

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Racing Hearts

The loss of their fathers to similar diseases sent Daniel and Caren pedaling for a cause—but neither suspected that love would come along for the ride



After riding across the hills of Nevada for a Leukemia & Lymphoma Society charity bike ride, Caren and Daniel Begun now tend to get their exercise closer to the home they share in New York City

Caren Begun's father was always full of surprises. When she was 12, he took her ice-skating at Rockefeller Center in New York City, and he surprised her by lacing up a pair of his *own* skates and hitting the ice. "There were things about my dad that I never knew, and that he could skate was one of them. He usually was this hard-core businessman, then he'd surprise me by letting out the little kid inside of him."

The most memorable surprise that Caren's father ever sprang on her was also the most devastating. In 1996, he told her he had been diagnosed with non-Hodgkin's lymphoma. When he died two years later, Caren was devastated. In 2002, to honor her father's memory, Caren signed up to ride in a 100-mile charity bike ride for the Leukemia & Lymphoma Society. She wanted to help fight the disease that took her father from her, especially since her stepfather also battled a form of lymphoma.

During her first training session for the ride, at a New York City gym, Caren met Daniel Begun, an accountant who had biked the charity event the previous year. Daniel was back this year not only as a participant but also as a mentor, whose job it was to help first-timers feel welcome. When he spotted the cute brunet, he approached her with an outstretched hand and a friendly greeting.

From there, an easy friendship developed. The two began meeting once or twice a week for morning Spinning classes and found excuses to ride together during their outdoor training sessions. "I really wasn't looking for a relationship," says Caren. "But Daniel and I had such an open, comfortable way of communicating. I felt like I could just be myself with him."

About a month after they met, the two attended a potluck dinner honoring the cancer patients and survivors they were working so hard to help. Daniel asked Caren why CONTINUED

BY REBECCA GARDYN



Low Carb candies good enough to be called Russell Stover.

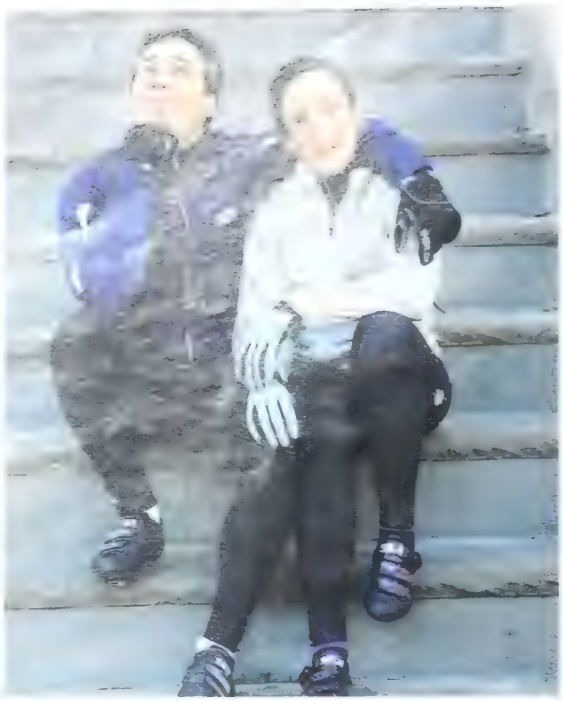






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Spoken for: Caren, 32, and Daniel, 37, may have met at the gym, but they're a match made in heaven

she'd gotten involved with the charity. She told him about her father's death, then learned only recently as Daniel explained that his own father had died of leukemia just five months before lymphoma had claimed Caren's dad.

This shared loss would turn out to be just one of many bonds they shared. Both are Jewish, and both had endured the divorce and subsequent remarriages of their parents when they were young.

Because they had both lived with their mothers growing up, neither spent a great deal of time with their fathers. Daniel knew that he'd inherited his dad's "punny" sense of humor, but like Caren, felt that there was still more he would have liked to know about the man. "I've always been interested in science," says Daniel. "But it was only through conversations with my stepmother, after my father's death, that I discovered he had that same fascination."

"Talking about our dads with each other sort of opened up a dialogue about two people whom we both loved and missed a great deal," says Caren. "It triggered memories that we'd kept under the surface, and sharing those memories played a part in deepening our connection."

After completing four months of intensive training, Caren and Daniel were ready for the Leukemia & Lymphoma Society's "America's Most Beautiful Bike Ride," a 100-mile ride through the hills of Lake Tahoe, Nevada.

As they approached the end of the event, Daniel turned to Caren and shouted out: "Should I bike ahead and take a picture of you crossing the finish line?" Caren's reply: "I'd rather cross it together." With that, [illegible] hands off the handle bars, raised it to the sky with his, and the couple sailed across the finish line together.

"I jumped off my bicycle, my legs feeling like Jell-O, and I ran over and hugged him," says Caren. "It was very emotional because of what we had just accomplished and the reason we were there. And I knew then that Daniel would always be my biggest supporter."

Within weeks, Daniel confided to his stepmother that he wanted to propose to Caren, but that he'd have to save up money for a ring.

"She said to me, 'Don't wait—if you know she's the one, you have to do it now,'" he recalls. She then offered Daniel the diamond ring that his father had given to her almost two decades earlier.

"It meant so much because I knew the devotion my stepmother had for my dad," says Daniel. "When she was at his side in the hospital, I saw two people in love to a degree that I never thought possible. Giving us her own engagement ring affirmed that she felt just as strongly about my relationship with Caren."

Daniel proposed to Caren on September 6, 2002, on the eve of Rosh Hashanah, the Jewish New Year. In order to give their fathers due credit for the part they played in bringing the couple together, Caren and Daniel entitled their engagement announcement: "From Bicycles to Betrothal: A Conspiracy From Above." As a way of paying tribute to their matchmakers, and as an engagement present to Daniel, Caren arranged to have two trees planted side by side in Israel in their fathers' names.

And on their wedding day, September 7, 2003, the two men were present in spirit. Daniel wore his father's dress watch, and the couple exchanged vows under a huppah, a Jewish wedding canopy, topped with a prayer shawl that belonged to Caren's father.

The marriage is proof that although Caren lost her father, his ability to surprise her continues.

"My dad always told me that he wanted me to marry a nice, Jewish boy," she says. "He wasn't able to make it happen while he was alive, but somewhere from above, he finally pulled it off."

Got a great story about how you and your spouse met? Send us an e-mail at: [illegible]@meredith.com. We'll pay $50 for any stories we publish.



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DADS SHOULD TAKE KIDS TO THE DOCTOR

[redacted] pediatrician, rep[redacted] experts say that moms and dads alike need to hear m[redacted] information directly from doctors rather than getting a secondhand [redacted] helps ensure that concerns get addressed promptly," says Trevena Moore, M.D., the study's lead researcher, "and that each parent is up-to-date on their child's medical history and vital data—crucial in an emergency." Equally persuasive, says Dr. Moore: Early parental involvement is associated with better cognitive ability and fewer behavioral problems.

If your husband can't make it to your child's next checkup, bring him into the conversation via telephone. "In a cellular age," says Dr. Moore, "there's no reason a dad should miss the opportunity to be involved." *—Megan Cherkezian*



HOW TO SPOT A LIAR

"A mother is the best polygraph examiner in the world," says former FBI profiler and interrogation expert Jack Trimarco, co-host of *Fake Out*, a Court TV game show that launches its second season on June 11. Still, if your detection skills need a tune-up, here are Trimarco's top clues for figuring out if your child is being dishonest:

- **Double is trouble** A lying child may repeat your last statement in a ploy to gain time to think up a believable response.
- **Facing the facts** Changing facial expressions, or gestures such as nose scratching or brow wiping, often signal dissembling.
- **Missing a beat** Since kids know it's wrong to fib, they may deliver the whopper in a lowered voice, or change the tone or tempo of their speech.
- **Talking too much** A less-than-truthful child may feel compelled to fill empty air time with unsolicited information. Unless your kid is the type who reports every detail, rambling is a sure sign he's feeding you bull.

—Francesca Di Meglio

SUMMER BIKE SAFETY

B[redacted] accidents [redacted] kids' mishaps, a trip to [redacted] emergency room—more than any other sport. And an overwhelming majority of these [redacted] occur [redacted] through October, when it [redacted] to have your bicycling [redacted] refraining from becoming a statistic.

[redacted] DON'T know the [redacted] to buy a bike, your child's pediatrician, [redacted] a bike shop employee [redacted] a safe and [redacted] fit. To [redacted] fit, have [redacted] sit [redacted] the [redacted] bike [redacted] his [redacted] touch the ground. [redacted] HELMET SAFETY. All [redacted] riders [redacted] a helmet [redacted] a [redacted] fitting [redacted] helmet [redacted] be prevented by wearing helmets. Yet [redacted] use is lowest among the 10 to 14 age group—partly because parents are lax enforcers. (In a Safe Kids survey, 83 percent of tweens said they would wear a helmet if it were a parental rule.) Brightly colored clothing makes kids more visible, as do inexpensive flashing taillights. PROCEED WITH CAUTION Kids are inherently more reckless than adults, and their limited life experience makes them less likely to recognize danger. Cyclists' risky behavior accounts for 80 percent of bicycle deaths in kids under 14. It's up to you to instruct your child in the nine points of bicycle safety. *—Beverly Burmeier*

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Have Teen, Will Travel (*and* Have Fun)

A family vacation with a teen in tow can be more ordeal than pleasure. To keep it fun, planning is key. "Negotiate *everything* in advance," advises Susan Isaacs Kohl, author of *The Best Things Parents Do.* "Have your teen suggest family activities, but set firm ground rules beforehand."

That said, flexibility is equally important. "Our 16-year-old prefers to sleep [illegible] his brother, dad and I [illegible] morning hikes," says Anne Sternheim, a mom from New Rochelle, New York. "Yet he's on the slopes by 8 A.M. when we go skiing. Giving him the choice makes all the difference."

An option to consider if you can afford it: Have your teen bring along a friend. But remember, a family trip *is* a family trip. "It's fine to skip a few activities, but I expect my children to participate," says Sternheim. "Caving in to every demand would be absurd." —*Eve Glasberg*

How to Stop Risky Business

Teenagers, by reputation, are [illegible]n to daredevil behavior. Now a new [illegible]y from the National Institute on Alcohol Abuse and Alcoholism tells us why: They're wired that way. "The adolescent brain is not fully developed, making teens less motivated than adults to work for long-term rewards," says the study's lead author, James Bjork, Ph.D., who compared brain scans of 12- to 17-year-olds with those of 22- to 28-year-olds. High-risk activities such as drug-taking offer a big immediate payoff for very little effort—the very source of their appeal to teenagers. Parents can wield more influence by stressing a behavior's short-term downside rather than its ultimate consequences. A child who's been caught smoking, for instance, will be indifferent to the threat of lung cancer 30 years down the road, notes Dr. Bjork, but may be persuaded by the prospect of yellow teeth or diminished athletic performance *now.*

—*Caroline Stanley*

PICKING THE RIGHT DOCTOR

When kids hit adolescence, puberty-related physical changes and the need to discuss sensitive issues like sex and drugs soon follow. That's why the pediatrician who's cared for your child since he was in diapers may no longer be appropriate.

"Teenagers need to feel comfortable discussing matters such as menstruation or wet dreams with their physicians," says Perri Klass, M.D., assistant professor of pediatrics at Boston University School of Medicine and Boston Medical Center. "And the doctor needs to feel comfortable as well. In addition, many teens prefer a doctor of the same gender." Dr. Klass recommends finding a physician with a specialty in adolescent medicine (ask your pediatrician for a referral). She also notes that the doctor of a teenager should spend time alone with the patient during every visit, because many questions can't be asked or answered comfortably and honestly in front of a parent. —*E.G.*

Need help relating to your tween or teen? Visit: www.lhj.com/teen

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my life as a mom



Indecent Exposure

I have a right to raise my kids without having them subjected to daily torrents of vulgarity, innuendo and incivility, don't I?

BY GERRI HIRSHEY

My kids and I were sitting in an airport boarding lounge when a fellow traveler—a gent of 18 or so—began regaling his pals with tales of his sexual conquests. His boasts were graphic, his language was bold, screaming blue. My daughter, Lila, 12, sat just a foot away. I wanted to deck him for his gross incivility; instead, I hustled Lila off to buy snacks. We left 14-year-old Sam with the bags, shielded from the onslaught beneath his headphones.

But was that my better... More vulgar language was probably pumping directly into his impressionable brain from his CD player. For the last couple of years, Sam and I have gone to the mat over potty-mouthed lyrics. He wants the uncut stuff with the "Parental Advisory" sticker; I prefer the PG-rated "edited" versions. I've tried to monitor what comes into the house, but now that Sam and his pals "burn" and trade their own customized CDs, it's all but impossible.

One of our worst go-rounds was in a music store, when I nixed three of his selections in a row.

Me: "These guys croon love songs to assault weapons. They call women horrible, degrading names. In their videos, most women are nearly naked and little more than pole dancers or props. I don't mind risqué, but I need some R-E-S-P-E-C-T."

Sam: "I know. I still want it. I like the way it sounds." Stymied, I fell back on a frayed old cliché: Would you like to hear someone say those things about me or your sister? Sam rolled his eyes; behind the counter, a teenage clerk snickered.

"We're out of here," I snapped, and stomped off toward the exit. I was furious; not at Sam, but at where I found myself—knee-deep in a swamp of middle-aged hypocrisy. There I was, trying to censor my kid's right to rock. When I was his age, I'd snuck off to an "artsy" neighboring town to buy the edgy records I craved by the likes of James "Butane" Brown and Howlin' Wolf. As an adult, I ran away with the rock 'n' roll circus; I spent two decades "on the bus" as a music CONTINUED

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"Well, you said it."

I could tell what he was calling me inwardly, given his expanded Parental Advisory vocabulary. How big a drag had I become, anyhow? On the way home, as Sam sulked in the backseat, I consoled myself with the fact that the rules have changed since Ed Sullivan insisted on televising Elvis the Pelvis from the waist up. And I admit my own standards are all shook up: I hit the zapper when the booty-centric "Thong Song" came on MTV. But every Sunday night, all four of us snuggle up to watch those gloriously inappropriate *Simpsons*. Our convoluted parental reasoning: The real actors in "family hour" sitcoms are far more explicit. At least Homer and Marge burlesque our collective bad taste.

All these inconsistencies leave me feeling whipsawed: I've always based my work on freedom of speech, but as a mom, I find certain personal freedoms eroding. What of my right to raise my kids without daily torrents of vulgarity? What civil liberty made that airport lout think he could inflict his grubby intimacies on the general public? I'd never cloister my kids from the airwaves and Internet, but the available filters—V-chips, Internet "parental controls"—are all but useless. Even when I was searching for a beagle puppy on the Internet, I had to do it without the young 'uns around. Just try typing "dog" into search engines and see what X-

offerings pop up. What it comes down to is this: The Informa Age is rushing my kids' childhood. And I'm just mad as . . . heck.

I was still fuming on the way home from the music store when a fool on a cell phone ran a light and nearly rammed my petite Mom Car with his chrome-laden tank.

"#@**%&^&^!!!!," I yelled. (Yes, Mother uttered a mild profanity.)

"*Excuuuuuse* me?" Sam emerged from beneath his headphones. "Aren't you afraid I'll repeat that?"

He had me.

"Point taken," I hissed back. "And I know Dad and I have slipped and used bad words, but you're old enough to know it's wrong."

Emboldened at catching me out, Sam deployed the most paralyzing and effective weapon a teenager has: "Don't you trust me?" He fully understands the subtext of his query: Don't you trust your own parenting?

"I just don't trust the world," I muttered.

He retreated into his sulk and I into my thoughts: I can't Ziploc their waning innocence against the incoming incivilities. We can only offer them better choices and hope for the best. Fill their heads with the good stuff—books, films, music—every chance you get. We've had family music nights since the kids were toddlers: they've heard everything from Johnny Cash to Yo-Yo Ma. At 3, Sam's ritual good-night song—his choice—was Cole Porter's "I Get a Kick Out of You." Now, when I drive both kids to school at 7 A.M., they request wake-up gospel tunes from the Clara Ward Singers, circa 1961. We crank it up: those ladies rock the Mom Car. Sam can recite their G-rated lyrics: "You've got to stand your test in judgment . . . you've got to stand it for yourself."

So far, he has stood the test, and as long as he does, we'll relax some restrictions, but never vigilance. We let him see Eminem's movie; later, at 2 A.M., we heard him laughing and caught him reading under the covers—Charles Dickens' *The Pickwick Papers*. Do I trust him? Honestly, yes. I've caught him using a few mild vulgarities; I'm sure he has some downloaded ditties that would curl my toes. But not long ago, he handed me a CD and said, "I think I shouldn't have this." I had checked the cover and lyric content before I let him buy it, but I hadn't seen the plastic disc itself. It bore an exaggerated drawing of a naked woman in a pose not intended to glorify the female form. Such an *objet d'art* might have great currency in the 8th-grade school yard. "That's just bad," Sam said. "I really don't want it." Restraining myself—we still have plenty of tussles ahead—I didn't creep my boy out by hugging him. I just took the loathsome thing and threw it away.

Am I being a hypocrite by censoring my kid's right to rock?

Do you have advice or comments for Gerri, or stories to share? Write her at: lhj.mylifeasamom@meredith.com

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"Everything we do here is fun," says Crain (far left), hanging out with Rolls and some hungry friends

A Wild Dream

Two thirtysomething women escaped from New York City to start a wooly and wonderful safari company in Africa

BY LAURIE DRAKE

Although Cindi Crain once woke up to the blaring of taxis, she now awakens to the sounds of a giraffe named Bungaloo gnawing the wooden banister on her balcony. "So there I am yelling, 'Don't do that!'" she says, laughing, "to a giraffe!" This sounds like the latest installment of *Survivor*, but no: It's a typical day for Crain, 35, and her best friend, Lisa Rolls, 37. Two years ago, the pair left behind respective careers in publishing and advertising in New York City to start their own adventure-travel company, the provocatively named VirginBush Safaris, in Kenya. And now, instead of teetering around Manhattan in high heels, they lace up their desert boots, gas up the Land Rover, and guide tourists into the untamed wilderness of the African plains.

The long, strange trip began 20 years ago, when Crain and Rolls met on a high-school spring break in Key Largo, Florida, and became instant friends. But it was Rolls who set their compass for Africa. She'd gone on safari in Kenya with her mother, Elizabeth, in 1995, after the death of her father, and gotten so hooked she returned to Africa every year. In 1999, yearning for a life more in tune with nature, Rolls divorced her husband, and took off for the continent for good; her mother joined her eight months later. "I've never been afraid of taking risks," says Rolls. "So my friends weren't surprised."

She began organizing informal safaris for New York friends who wanted an insider's view of Kenya. Then she enrolled in the Nairobi-based Kenya Professional Safari Guides Association, and after two years of learning everything from the flora and fauna of the bush to how to observe wildlife, she earned her certified guide license. A weary veteran of packaged tours "with checklists of animals to see through the windows of a minibus," Rolls wanted to do things differently. "There are these luxurious camps, lodges and ranches run by third-generation Kenyans, descendants of the famous hunters and explorers of CONTINUED

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"We didn't want to do tours from a minibus," says Crain (far left), with Rolls

the colonial era. We'd spend the day in the bush on foot or on horseback, then camp out or return to these lodges to eat gourmet meals." One of her first visitors was Crain, who went to Kenya in March 2001 and was immediately hooked. "I'd been on safari before, but this trip transformed me," says Crain. "I felt alive for the first time in years." She was also impressed by Rolls's circle of friends—an international community of wildlife researchers, photographers and bush pilots. So when Rolls suggested they form a safari company of their own, Crain, whose romance in New York had stalled and whose apartment lease was running out, jumped at the chance and moved to Kenya before the year was out. "Whenever I got nervous, I'd say to myself, 'Turn fear into excitement,'" she recalls. "It's a tiny twist in your outlook, but it works when you realize that a fear of the unknown might just be fear of a great opportunity."

The two women live in comfortable houses on the same road (Rolls shares hers with Mom), only minutes apart and within an easy half-hour drive of bustling Nairobi. Both homes are on the grounds of *Out of Africa* writer Isak Dinesen's old coffee estate. It's Rolls who generally leads tourists out into the bush, while Crain handles administrative chores. During the 10- to 21-day trips, which cost $600 a day, the groups are loaded into canvas-top, all-terrain vehicles and bush planes, taking off for a world where people are scarce, and zebras, cheetahs and lions roam. At night, the groups either camp out or stay at luxury lodges, such as Elsa's Kopje, which is built out of a granite outcropping and named after the orphaned lion cub in *Born Free*.

"Life in Kenya is the adventurous, soulful existence I'd always been longing for," says Rolls, who's gearing up for the busy summer season. She misses her friends and the Manhattan skyline, but not much else. "This job is second nature to me and Cindi, and it will stay that way as long as we're having fun," she says. "That defines everything we do here."

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I am haunted by fathers.

Most men are. Some are haunted while their fathers are still alive. But almost all of us become haunted after our fathers die.

I am reminded of this more often than I care to admit. Holidays, birthdays, every time I take a walk on the beach. Every great sunrise and sunset (he always made you stop whatever you were doing to watch). Often during movies, TV dramas, even those cloying commercials that made Robert De Niro bawl in *Analyze This*.

But, I must say, Father's Day is the worst, and not only for the obvious reasons. It was just after Father's Day eight years ago that I found out my dad, then only 61, was not going to live much longer. The next time we were all together, a few weeks later at the family shore house, where we pretended everything was going to be okay and went through our rituals of sea-glass hunting, horseshoe pitching and seafood gluttony, he already knew he was facing the death penalty for not having gotten a colonoscopy.

The last seven months of his life were extraordinarily powerful for me. I will never let go of them, and they will never let go of me. So I think a lot about how the death of a parent affects a guy, both as a man, and as a husband.

Men are often very different—to themselves, and to their spouses—after losing their fathers. In some marriages, it might be the first time a wife has ever seen her husband express (or openly struggle with not expressing) strong emotion. Because it's almost impossible to remain stoic once you've been inducted into the Dead Fathers' Society. CONTINUED ON PAGE 50

BY STEPHEN FRIED

Important Correction of Information about Pravachol® (pravastatin sodium) tablets

istol-Myers Squibb Company, maker of Pravachol, ran ads for Pravachol that the DA determined were misleading. The statement they determined misleading was Pravachol is the only cholesterol lowering drug proven to help prevent first and cond heart attack and stroke in people with high cholesterol or heart disease." his statement suggested that Pravachol has been proven to help prevent stroke people without heart disease.

ease note, Pravachol has not been proven to help prevent stroke in people thout heart disease. Pravachol is proven to help prevent stroke only in people th coronary heart disease (CHD).

avachol is no longer the only cholesterol lowering drug approved to help event first and second heart attack. In April 2003, another drug was approved reduce the risk of heart attacks and stroke in patients with CHD, or without CHD t at high risk of coronary events because of diabetes, peripheral vessel disease, history of stroke or other cerebrovascular disease.

avachol, with diet, when diet and exercise are not enough, is approved to:
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help prevent stroke in people with heart disease

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portant Considerations: Pravachol, a prescription drug, is not for everyone, including omen who are pregnant or nursing or may become pregnant, or people with liver oblems. And because serious side effects can result, tell your doctor about any explained muscle pain or weakness you experience while on Pravachol, and about y other medications you are taking. Your doctor may do blood tests to check for liver oblems. Some mild side effects, such as slight rash or stomach upset, occur in 2-4% patients.

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Patients with liver problems: PRAVACHOL should not be used by patients with active ...d blood tests indicating possible liver problems. (See **What else should I know about PRAVACHOL? - WARNINGS.**)

Women who are or may become pregnant: Pregnant women should not take PRAVACHOL because it may harm the fetus. **Women of childbearing age should not take PRAVACHOL unless it is highly unlikely that they will become pregnant.** If a ...becomes pregnant while on PRAVACHOL, she should immediately stop taking the drug and talk to her doctor.

Women who are breast-feeding should not take PRAVACHOL.

Patients who are allergic to any of its ingredients: The active ingredient in PRAVACHOL is pravastatin sodium. The inactive ingredients are croscarmellose sodium, lactose, magnesium oxide, magnesium stearate, microcrystalline cellulose, and povidone. The 10 mg tablets also have Red Ferric Oxide; the 20 mg tablets and the 80 mg tablets also have Yellow Ferric Oxide; the 40 mg tablets also have Green Lake Blend (D&C Yellow No. 10-Aluminum Lake and FD&C Blue No. 1-Aluminum Lake).

What else should I know about PRAVACHOL?

WARNINGS

- **Muscle:** Tell your doctor right away if you experience any unexplained muscle pain, tenderness, or weakness at any time during treatment with PRAVACHOL so your doctor can decide if PRAVACHOL should be stopped. Some patients may have muscle ache or weakness while taking PRAVACHOL. Rarely, patients taking PRAVACHOL have experienced serious muscle breakdown resulting in kidney damage. The following can be signs of serious muscle breakdown: muscle pain, weakness or tenderness, fever, feeling more tired than usual, and passing brown or discolored urine. The risk of muscle damage is increased in patients taking certain other drugs (for example, erythromycin, cyclosporine, niacin or fibrates) along with another lipid-lowering drug that works similarly to PRAVACHOL. Using PRAVACHOL along with fibrates, like gemfibrozil, should be avoided unless your doctor determines that the benefits of combined use of PRAVACHOL and fibrates likely outweighs the increased risk of muscle problems.
- **Liver:** Rare cases of liver function abnormalities have been reported with lipid-lowering drugs similar to PRAVACHOL. Your doctor may do blood tests to check your liver before you start taking PRAVACHOL, and while you take it. If your liver enzyme levels increase, your doctor should order more frequent tests. If your liver enzyme levels remain unusually high, your doctor should discontinue your medication. Tell your doctor about any liver disease you may have had in the past and about how much alcohol you consume. Patients who consume large amounts of alcohol should use PRAVACHOL with caution.

PRECAUTIONS

- **Homozygous Familial Hypercholesterolemia:** PRAVACHOL has not been studied in this group of patients. Other lipid-lowering drugs similar to PRAVACHOL lower cholesterol less effectively in these patients.
- **Renal Insufficiency:** Patients with renal impairment who are taking PRAVACHOL should be monitored closely by their doctors.
- **Drug Interactions and Endocrine Function:** Because of possible serious drug interactions, it is important for patients to tell their doctors what other drugs they are taking, including those obtained without a prescription. They should also tell other doctors who are prescribing a new medicine for them that they are taking PRAVACHOL. (See **What else should I know about PRAVACHOL? - WARNINGS: Muscle.**) Caution should be exercised if a lipid-lowering drug is administered to patients also receiving other drugs that may diminish the levels or activity of steroid hormones.
- **Central Nervous System Toxicity; Cancer, Mutagenesis, Impairment of Fertility:** ...igs. PRAVACHOL was required to be tested in animals before it was approved for human use. Often these tests were designed to give animals higher dosages of PRAVACHOL than is recommended for humans. In some ...nimals had damage to their central nervous systems. In studies of rats and mice with high doses of PRAVACHOL, the likelihood of certain types of cancer ...nce of mutations of or damage to genetic material was seen. In ...ts, PRAVACHOL did not decrease fertility or general reproductive ...ance. However, in studies with lipid-lowering drugs similar to PRAVACHOL (pravastatin sodium), there was decreased fertility in male animals.
- **Pregnancy:** The safety of using PRAVACHOL during pregnancy has not been established. If a woman becomes pregnant while taking PRAVACHOL ...to her doctor at once. (See **Who should not take PRAVACHOL? - CONTRAINDICATIONS.**)
- **Nursing Mothers:** Drugs taken by nursing mothers may be present in their breast milk. Because of the potential for serious adverse reactions in nursing infants, a woman taking PRAVACHOL should not breast-feed.
- **Pediatric Use:** The safety and effectiveness of PRAVACHOL in children and adolescents from 8-18 years of age have been established in clinical trials. Children and adolescent females of childbearing potential should be counseled on appropriate contraceptive methods while on PRAVACHOL. PRAVACHOL has not been studied in children younger than 8 years of age.
- **Geriatric Use:** The safety and effectiveness of PRAVACHOL in patients age 65 and older have been established in clinical trials. Side effects in the elderly were similar to the overall population. There have been no age-related differences in efficacy and safety reported among patients taking PRAVACHOL.

What are the possible side effects of PRAVACHOL? (SIDE EFFECTS)

PRAVACHOL is generally well tolerated. Side effects have usually been mild and short-lived. However, some have been serious. In 4-month long placebo-controlled trials, 1.7% of PRAVACHOL-treated patients and 1.2% of placebo-treated patients discontinued therapy because of side effects. The following list of side effects may not be complete. Be sure to ask your doctor about side effects before taking PRAVACHOL and to discuss any side effects that may occur while taking PRAVACHOL.

- **Short- and Long-Term Placebo-Controlled Clinical Trials:** Side effects that have been reported in more than 2% of PRAVACHOL-treated patients from short-term trials, and in at least 1% of PRAVACHOL-treated patients in long-term trials are heart chest pain, rash, nausea, vomiting, diarrhea, abdominal pain, constipation, gas, upset stomach, heartburn, fatigue, chest pain, flu, muscle/joint pain or weakness, muscle cramp, localized pain, headache, dizziness, sleep disturbance, depression, anxiety/nervousness, urinary problems, common cold, runny nose, cough, shortness of breath, upper respiratory infection, and vision disturbances. In addition the following side effects have been reported in less than 1% of PRAVACHOL-treated patients in long-term trials: certain skin problems such as itching, rash, hives, dryness, and hair loss, loss of sexual function or drive, decreased appetite, fever, flushing, allergies, swelling of the head and neck, muscle weakness, problems of the nervous system including abnormal sensations such as tingling, dizziness, sleeplessness, memory impairment, and shaking, nerve damage including loss of muscle tissue, progression of cataracts, and taste disturbance.
- **Postmarketing Experience:** In addition to the events reported above, as with other lipid-lowering drugs similar to PRAVACHOL, the following side effects have been reported rarely during post-marketing experience: muscle weakness, muscle breakdown, dysfunction of certain brain nerves (including alteration of taste, impairment of eye movement, facial paralysis), damage to nerves causing weakness and/or abnormal sensation, severe allergic reaction (anaphylaxis), lupus-like syndrome, severe pain and stiffness of muscles, muscle weakness with muscle loss, inflammation of the blood vessels, skin bruising, low iron, abnormal blood tests, arthritis, joint pain, weakness, sensitivity to light, chills, fatigue, severe skin disorders that vary from rash to serious burn-like shedding of skin all over the body including mucous membranes (such as the lining of the mouth), inflammation of the pancreas, inflammation of the liver, jaundice, fatty change in liver, severe liver damage and failure, liver cancer, a variety of skin changes (e.g., nodules, discoloration, dryness of mucous membranes, changes to hair/nails), breast enlargement, liver test abnormalities including elevated alkaline phosphatase and bilirubin, and thyroid function abnormalities.
- **Laboratory Test Abnormalities:** Increases in certain liver enzymes have been observed (see **WARNINGS, Liver**). Temporary increases in certain white blood cells have been reported. These increases were generally not associated with symptoms and usually returned to normal despite continued therapy. Low red blood cell, white blood cell and platelet counts have been reported with lipid-lowering drugs similar to PRAVACHOL.

How should I take PRAVACHOL? (DOSAGE, ADMINISTRATION AND OVERDOSAGE)

Patients should take PRAVACHOL exactly as their doctors prescribe it. The usual dose of PRAVACHOL is 1 tablet once a day. PRAVACHOL comes in different dosage strengths and the patient's doctor will prescribe the dose that is right for the patient. The doctor may adjust the dose. A patient taking PRAVACHOL should not change the dose without talking to their doctor. PRAVACHOL may be taken with or without food.

If a patient misses a dose of PRAVACHOL, the dose should be taken as soon as the patient remembers. **Patients must not take 2 doses in the same day.** If a patient takes too much PRAVACHOL, the patient should call their doctor or Poison Control Center right away.

The lowest dose of PRAVACHOL is recommended in patients with a history of significant kidney or liver problems and in patients taking immunosuppressive drugs such as cyclosporine.

NOTE: This summary provides important information about PRAVACHOL. If you would like more information, ask your doctor or pharmacist to let you read the information about PRAVACHOL that is written for health professionals and then discuss it with them.

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father is stil

And, in

motion, and it's not

gnize or know how to

Always Diane has weathered my membership in the Dead Fathers' Society pretty well. She has never given me the "snap out of it" speech that many spouses deliver—out loud or through their actions—once they realize that grieving lasts so much longer than sympathy. And she has always responded to my need to be comforted, which is one of the most crucial things in any relationship.

Still, I think she is mystified by my

to remind myself of my loss, to purposely make myself upset by it. I'll watch the male version of a chick flick, *A River Runs Through It*, every time it's on—and it's on a lot—because all the fishing and the intergenerational intensity reminds me of my father and brothers. (Dad always took us fishing when we were kids, so for his 60th birthday we took him to Canada for an amazing fishing trip, which a friend dubbed *A River Runs Jewish*.) I've also been listening to the new Lyle Lovett album too much, especially the heartbreaking song the stoic troubadour wrote about his father's recent death, "You Were Always There."

Diane doesn't know why I would subject myself to such deliberate heart wrenching. But I know why. If I don't purposely make myself upset about losing my father, the emotion will sneak up on me when I least expect it. This way I can sort of control my out-of-control reactions.

If this makes no sense to you, don't be in a hurry to understand it. Once you're in the society, it'll make way too much sense.

There has been some intriguing research on how the death of a parent affects adult children, as individuals and in their marriages. Sociologists at the University of Texas assumed—as many people would—that a mother's death would have more impact than a father's. Yet it turned out both are equally devastating. In a recent study they found that mothers' deaths cause more psychological distress. But fathers' deaths drive more people to drink, especially if that's how your fa-



ıer dealt with his stress. (Married ıen who lost fathers who'd had rinking problems actually increased ıeir alcohol consumption by an aver-ge of 100 drinks a month.) Overall, vhen people lose their mothers, they eport a decline in support from their pouses and an increase in their spous-s' negative behaviors (arguing, drink ıg, having affairs), while the death of father was more associated with a lecline in what is called "relationship ıarmony." I guess one way of inter-ıreting this finding is that when their athers die—and, statistically, fathers lie first—men become more difficult o live with, to themselves as well as o their wives. When their mothers lie, women look to their husbands nore for support—maybe to replace vhat their mothers were giving them—and don't get what they need.

Obviously, this very specific area of grown-child studies is in its infancy. I can tell you from my own experience, when you or your spouse loses a parent, resources are few and expert opinions are hard to come by. And, from what I read in the research, and hear from the unfortunately ever-growing group of my friends who have lost parents, if you don't figure out how to be there for your spouse during this time of need (based on their assessment of need, not yours), you may never be forgiven.

As for me, I will do my best to survive another Father's Day. And then the next weekend, Diane and I and our families (our three parents, my two brothers and her two sisters, their spouses and significant others, and all the nieces and nephews, 17 of us in all) will make our annual week-long pilgrimage to the family beach house. It's a tradition we began as a way of coping with my father's death, because nowhere is the spirit [illegible]rry Fried more present than at the shore. If I'm going to be haunted, I'd rather be haunted in the sun, with sand between my toes and the sound of squealing children and seagulls in my ears, searching the shallow surf for those exquisitely misshapen pieces of sea glass, the junk turned to jewels that link me to him.

Next month: Men and dieting.

Have advice or comments for Stephen? E-mail him at lhj.heartofahusband@meredith.com, and read more about him at www.lhj.com/stephenfried.



Ready for His Close-up

For decades, *Benji* movies have helped make heroes out of shelter animals. But more important, they've helped make them cherished pets

I suppose there was a new [illegible]ming out, and that its creator, Joe Camp, is the same filmmaker who made the three original *Benji* movies back in the 1970s and 1980s. I just had to find him and thank him. I grew up adoring that scruffy, heroic pooch who helped solve crimes and always managed to ditch the secret agents and evil spies pursuing him. Like so many kid moviegoers, I regarded Benji as a personal friend. Even more, I loved knowing that in real life, the original Benji (who first appeared to audiences as the dog on the 1960s sitcom *Petticoat Junction*) was found in a shelter, just like Ralph, my own family mutt at the time. It was a kind of validation for me, for Ralph, and for all the dogs I would go on to own, all of them lovingly plucked from animal shelters. I'm hardly alone. According to the American Humane Association, those early *Benji* movies dramatically boosted pet adoptions from shelters across the country.

The new Benji, star of *Benji Returns: Rags to Riches*, is believed to be part Lhasa apso and part shih tzu, and about 3 years old. She was found on the streets of Pass Christian, Mississippi, where she was picked up by animal control and taken to the Humane Society. That's where Camp, 65, found her while holding a nationwide search for the star of his new movie. He had not made a film since the 1980s, when his wife and production partner, Carolyn, suffered severe health problems; she died in 1997. In 2001, newly remarried and determined to pick up where he left off, Camp decided that it was time to bring Benji back to the big screen.

I caught up with Camp at his home in Valley Center, California, where he lives with wife Kathleen, three stepchildren and a menagerie of pets, including five dogs, three cats and a pair of goats. His two newest pooches are Benji, whom Camp adopted as his own, and Shaggy, an endearing mutt he found in a Chicago shelter. Shaggy was supposed to be Benji's understudy, but so charmed the filmmaker he earned a supporting role in the movie as Benji's even scruffier sidekick.

Q: What is Benji really like offscreen?

A: Well, at home here she's just one of the pets. I won't say she's a diva, but she does get a little bit CONTINUED

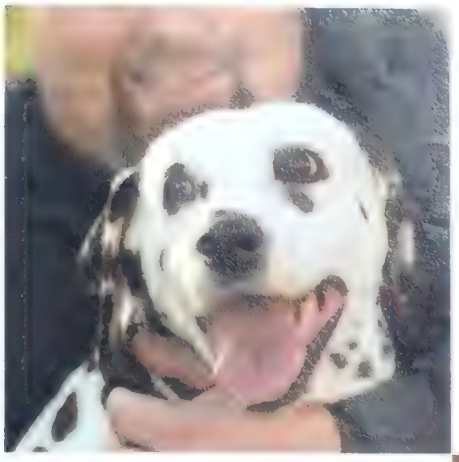


Those eyes, that face! The new Benji makes her screen debut this summer

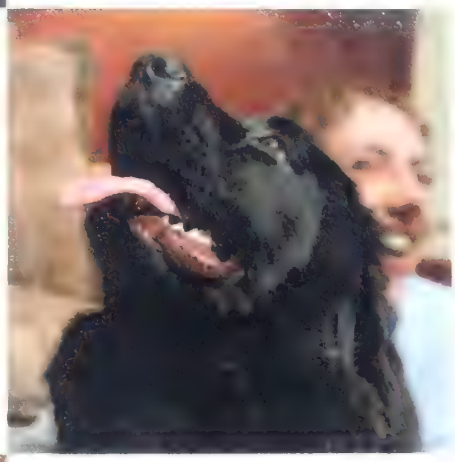
BY JEANNE MARIE LASKAS

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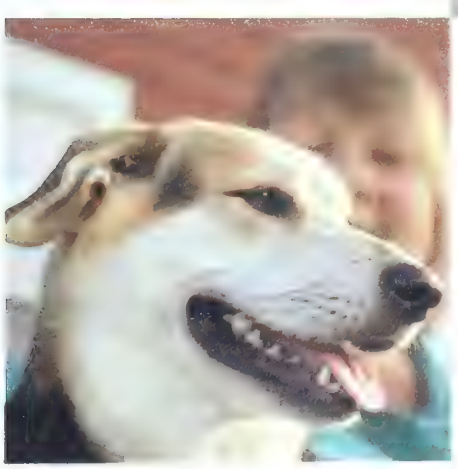
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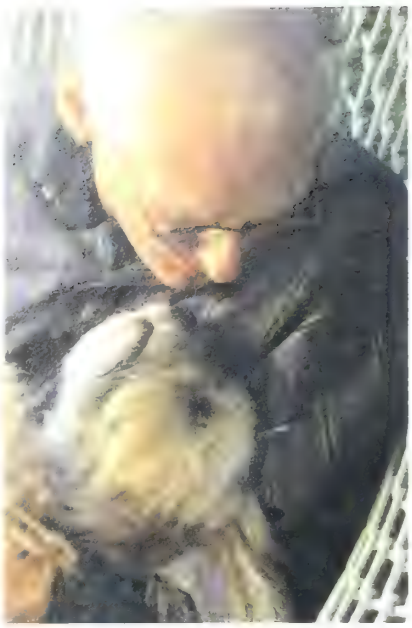


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"She's not a diva, but she gets jealous of others and likes attention from me," says Joe Camp of his beloved Benji

jealous of [illegible] out of it because [illegible] me time with [illegible] doofus that he'll start scratching his ear, forget he's doing it, and growl at his own foot. He's a nutcase, but everybody loves him. He's the one in the movie who'll have you laughing. Benji's the one you'll still have a plush toy of on your bed 30 years from now.

Q: What qualities were you looking for in the new Benji?

A: The eyes are what Benji is all about. When she looks at you with those big brown eyes, it's got to hurt. The next thing is attitude and demeanor. There are dogs, and we have a couple, who are just wag-tail and panting—you know, "Throw me a ball, pet me on the head, and I'll be happy for life!"

But Benji has to be independent, not fawning. She's got to be secure in herself because so much of what Benji does isn't tricks and stuff like that, but projecting emotions. There's no voice-over, no special effects with talking mouths, and none of the silly stuff Hollywood does with animal movies.

Q: How did you know you'd found the right dog?

A: We looked at hundreds, if not thousands of dogs. We were in every shelter in Los Angeles, Chicago, Atlanta, Phoenix and Dallas. I was in Mississippi looking at one dog I'd heard about when the shelter director walked in with Benji and said, "What do you think of this one? She came here two days ago." He put her on the floor, shut the door, left the room, [illegible] minutes I said, "That's [illegible]" I just thought, Why would somebody abandon this dog? She's so wonderful!

"What Benji does isn't tricks and stuff, but projecting emotions"

The story of homeless animals is an important one, and it's one of our missions this time. I've always been emotional about the subject. I decided to start an ongoing program where shelters would designate homeless animals as Benji's Buddies, so that when somebody thinks about getting a pet, they'll think about going to a shelter instead of the pet store or a backyard breeder. [Benji's Buddies is a nonprofit group that helps shelters raise money for better facilities and to boost adoption rates by branding all adoptable shelter pets as Benji's Buddies. Camp has donated use of the Benji trademark and copyrights, and the use of Benji herself, to promote the program.]

Q: So how are Benji and Shaggy enjoying the good life in sunny California?

A: We live right in the middle of an avocado valley, and there are trees hanging over our fences. Shaggy loves to go down there and root around for snacks, so he's now about eight pounds over his movie weight. He's on a strict diet, but he's still fat as a pig.

Benji likes the avocados, too, but in a different way. I came out of the editing room one night, and she was lying on the gravel driveway, which she never does. I walked over to her, and she gave me a little growl. I got closer and saw she had an avocado between her front paws—not eating it, just protecting it, the way she does with our hamsters and the mice our cats catch. I think she went too long without being spayed or something. There's a mama streak going on in Benji. She is one special dog.

Do you have a true tail of animal love you'd like to see inside for this column? If so, send us a paragraph or so at: [illegible]

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The Single Moms' Guide to Dating

Stepping into the singles scene again after years of marriage and a focus on child rearing is many women's idea of a nightmare. Here, survival stories and smart advice from the front lines

BY PAMELA PAUL

Before getting back into the dating game, Kris Brown, a 39-year-old recently divorced mother of a 3-year-old, took her time preparing and primping. She lost weight, got in shape, updated her look. And on one of her first ventures out into the singles scene—at a speed-dating party where women spend a few minutes in rapid succession chatting with dozens of eligible men—she actually met someone she thought she liked. "I e-mailed him, but he never responded," Brown says. "So I looked up his profile. He said he was only interested in younger, childless women. Apparently, from his point of view, I'm just some old lady with a kid."

As Brown and thousands of other newly single mothers across the country are finding, re-entering the dating scene can be downright depressing. And difficult, too. Factor in the heartbreak of divorce, the responsibility of raising children, the demands of a full-time job, the intricacies of negotiating a relationship with an ex-husband (more of whom have joint custody), and the hunt for a Friday-night baby-sitter, and it's enough to make any single mother [illegible] watch *SpongeBob SquarePants* videos with her kids rather than even entertain the prospect of sharing a martini with Mr. Maybe.

But not all is dark and dismal. In fact, many recently single moms are finding their new status happily liberating. For one thing, divorce doesn't carry quite the stigma it did in previous generations: women no longer feel they have to have a husband to legitimize their role as a mother. Second, because more divorced moms have careers and interests beyond their family, there's no longer a strong imperative to fill what used to be a gaping hole in their lives where their husbands once were.

Some 10 million households are headed by single mothers, up from 3 million 30 years ago. Clearly these households have become a permanent fixture among American families. As a result, the common perception of divorced moms—desperate women anxious to find a new daddy for their kids—has also changed. Today's divorcees are much more interested in reconstructing their own lives first. And because the modern divorced mom doesn't *need* to find a man, when she chooses to do so, she can do it on her own terms.

GETTING BACK OUT THERE

Even if more divorced women ease into the dating pool rather than jump in with two feet, the fact remains that the majority of them will eventually remarry, most within three years of their divorce. But no matter how long it takes them to feel ready to date again, once they do, all women face similar hurdles. Divorced moms need to negotiate three major areas before they start dating again, says Martine Byer, a therapist in New York City and co-author of *Sex & the Single Parent*. First is pacing: When do you begin dating, and how do you fold someone special into your life? Next is balance: How do you weigh your needs versus those of your children? There's also the question of boundaries: How much information should you give your child about your dating life? In addition to the major issues, the CONTINUED



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"small[illegible] lat-[illegible]dable. [illegible] or divorced [illegible]ciologist Pep-[illegible] herself a [illegible]ting–mom. "They [illegible] children, and everyone else's time before their own, and that leaves little room for a social life. Plus, [illegible] if they have a bad relationship with their ex, there's the difficulty of coordinating custody schedules. The idea of a spontaneous date goes right out the window."

On the upside, many divorced and dating moms say they feel more confident the second time around. They're not as eager to prove that they can get married or that someone will love them. And they already know that they have the strength and abilities to be a good parent. While some want to remarry and have more children, most say they're happy with the number of kids they already have and can date without worrying about their biological clock. That old sense of urgency is replaced by the freedom to choose. And some, particularly those emerging from a bad marriage, simply enjoy the fun of being single. Susan Newman, a social psychologist at Rutgers University, in New Brunswick, New Jersey, says that in her experience, divorced mothers who date are happier, calmer and less frustrated than other unmarried women.

AND BOYFRIEND MAKES THREE

Moms may be happier daters than non-parents, but that doesn't necessarily mean they're busier at it. After all, a child is not exactly a man magnet. "When I meet men, they may be interested to me, but 90 percent of the time when they find out I have a kid, I hit a brick wall," says Beth Jann, a 32-year-old apartment-building manager from Dunwoody, Georgia. "There have been occasions when a guy has asked me out, but when I tell him about my child, it becomes a courtesy date," she says. "They've already asked me, so they don't want to back off right away. But I never hear from them again." Other men assume that a young divorced mother is desperate for affection and attention, and take advantage of the assumption that "other guys" may not be as interested in her as they are in younger, never-married women. "So many guys just assume I'm an easy date because I'm desperate for love," Jann laments.

> "So many guys just assume that I'm desperate for love," says Jann

It's true that some guys will see a divorced mom as a simple sexual conquest, cautions Judith Wallerstein, Ph.D., author of *What About the Kids? Raising Your Children Before, During, and After Divorce*. "There are a whole lot of guys out there who think that because you're lonely, you'll be easy to hit on." Wallerstein says divorced moms need to be extra wary that certain kinds of men are not allowed to take advantage. The bottom line, she says, is that "divorced moms need to find out what a man's motives are before becoming involved with him."

Kathy Etz, of Washington, D.C., could have used some warning before she jumped into the singles scene. The 37-year-old separated mom of a 3-year-old son can tick off a list of disaster dates. There was the guy she went out with once who then proceeded to call her at 2 A.M. (Hello?!), and the man who told her at the end of their first outing, "I'm not freaked out that you're a mom. Really. I'm not!" There was also the 38-year-old (now ex-) boyfriend who nicknamed her Hottie Mama and said she was like "instant family–just add water."

There's no doubt that some men, especially those who have never had kids, can be turned off when they come up against the diapers-and-day-care reality of a single mom's daily life. "The kind of man I want to date needs to be comfortable doing boring parental-type things, like taking my son to Chuck E. Cheese's," says Jann. "I can't just drop everything for a spur-of-the-moment Tuesday night date, and guys often don't understand that." For most women, being a mother is their clear priority.

"Being a divorced mom and single woman is like having a split personality," agrees Jill Neal, a 33-year-old paralegal from Perry Hall, Maryland. A good 90 percent of the time she's "the mom" and her priority is her 5-year-old daughter. The other 10 percent, when she's on a date or doing something in the interest of getting one, Neal feels like she did in her 20s. "At first, I felt guilty because I'd be out on a date or at a party, and realize, 'Wow, I'm out here having fun.' It felt weird being a mom and dating at the same time," says Neal. "But I realized I'm a person, not just a mom. And dating gives me back the self-confidence my divorce CONTINUED



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[illegible] challenge hasn't been [illegible] friends and [illegible] meets [illegible] wounds she plays [illegible] was trying to match [illegible] eligible men," says Neal, who is now involved in a serious relationship. "But I was in no rush to find a husband. I was finally focused on my needs, my career, and my friends and family, and it was a good place to be."

What she has rushed in the past—and regrets—is bringing a boyfriend into the picture too soon. Shortly after Neal's divorce in 2002, she got so serious about one man that she introduced him to her daughter just after the six-month mark. "I thought, Wow, I'm going to marry this guy," Neal recalls. When things didn't work out several months later, her daughter asked what had happened to the old boyfriend and why he no longer came around, which pained Neal greatly. "It's a Catch-22. You want things to feel serious enough with a man for you to introduce him to your child. The fact is, he can't know who you are as a person until he knows you as a mother. But you don't want to introduce your child to men with whom you have no future." Neal's new boyfriend, whom she has been dating about 8 months, has met her daughter, but "I waited till it felt right; I've found that it's different with every person and every relationship."

And there are other reasons to be cautious about exposing your kids to your men, and vice versa. When 34-year-old Monica Landers got divorced, her son Charlie was only 12 months old. At first, she let dates meet Charlie early on, accompanying the two of them to the park or dropping by their Austin, Texas, home. "I quickly realized that was a bad idea," she says. "Non-fathers felt like they had to show off their parenting abilities. One guy corrected Charlie's way of reading, which I thought was totally inappropriate. After that, I realized that those situations forced us into this pretend 'playing house' scenario—not the best way to date."

WHAT KIND OF MAN DATES A MOM?

Men may *say* that they are fine with dating divorced moms—according to Match.com, of the 2.5 million male members on their Web site, 62 percent of them indicate they are open to dating a mother with kids at home, and 78 percent say they would date a woman who has been divorced—but in practice many never-married men are still uncomfortable with the idea.

When Jonathan Maggio, a 30-year-old firefighter, started seeing Michelle Magee, 33, he was ill at ease with her single-mom status. "It was very hard for him," recalls Magee, who runs her family's CONTINUED

When to Introduce Your Child to Your New Boyfriend

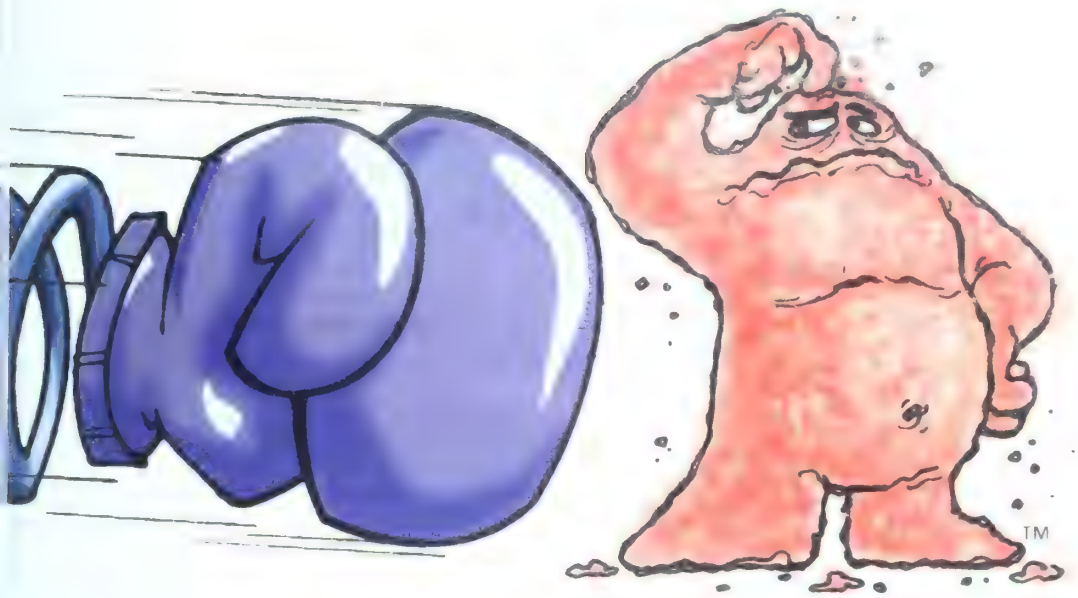
One of the most common mistakes divorced moms make is integrating their love and family lives too soon, says Susan Newman, a social psychologist at Rutgers University, in New Brunswick, New Jersey. Speed may have disastrous effects. Before you plan a meeting, keep the following in mind:

- **Follow the "only when necessary" rule.** "Only when you seriously think this man may be a keeper should you introduce him to your kids," says Martine Byer, a therapist in New York City. Children who become attached to [illegible] friend may feel abandoned if and when the relationship ends, which, following the pain of loss in divorce, can be especially difficult.
- **Don't talk too soon.** Tina Tessina, Ph.D., a psychotherapist in Long Beach, California, advises moms to share as little as possible about their dating life with their children. "Men should be introduced first as friends of the family; otherwise, you set the child up to get angry or jealous, which can lead him or her to act out or rebel."
- **Act age appropriately.** With younger children, it's important to wait before introducing a new beau. "Little kids often don't understand what dating means," says Sheila Ellison, author of *The Courage to Love Again*. While there's no set timetable for when you should introduce a child of X age and after X amount of time, bear in mind how your child might perceive the situation based on his likely understanding of relationships at that age, says Ellison. A younger child may be confused about whether this is a new "daddy" or if his mommy is being taken away from him, while an older child will more readily understand that mothers need friendships outside the family. —*P.P.*

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delicatessen in Norwalk, Connecticut. She had been attracted to Maggio, who came in as a customer while she was still married. But she didn't start seeing him until her divorce was finalized. Even then, they proceeded cautiously. Still very much the single guy, Maggio wasn't used to making plans around a child's schedule. So the couple mostly saw each other when Magee's son, Billy, was with his father. Ultimately and ironically, says Magee, her status as a divorced mom is what proved attractive to Maggio. "I think he liked that I wasn't running around," she explains. "He knew that family was important to me and that I had responsibilities. He liked that I was very stable."

But having navigated that impasse, the couple then braced for the prospect of encountering another: Maggio's parents. Says Magee, "As a divorced mother, I worried they'd pass judgment on me. Luckily, that wasn't their reaction at all." She also worried about how Billy would feel about Maggio coming into their lives. "I didn't want to throw them at each other," Magee says. She tried not to force the two to hang out together all the time, instead allowing them to ease into a relationship with each other on their own terms. "But it was very important they build a strong bond. Billy's dad is still in the picture, but Jon is a major presence too." Despite hitting some rough patches along the way, their story has a happy ending. The couple got engaged last June and were married in May.

By far the most welcoming group of all is single dads. Just ask Jeanine Moss, 49, who on her commute into New York City every day would eye the handsome dad who offered his seat to her daughter,

Single Moms By the Numbers*

- Nearly 75 percent of divorced moms with kids [illegible] are between the ages of 25 and 44.
- [illegible] dren a divorced mother has (1.8 million divorced mothers have one child, have two, and half a million have three or [illegible] kids under 18 living at home), the less [illegible] she is to remarry.
- An estimated 75 percent of remarriages begin [illegible] compared with about 60 percent of first marriages.

vhom Moss was taking to school. "I vas really attracted to Avi not only ecause he was cute, but because his -year-old daughter had a different iairdo every day. I felt lucky if I got ny daughter's hair *brushed* every lay! I thought, How does he do it? I vas completely impressed." One lay, Avi gave up his coveted win-low seat to her daughter, Josephine, nd Moss and Avi started to talk. They got to know each other during heir daily commutes, sometimes alling into heated political argu-nents (she's a Democrat; he's a Re-ublican). Eventually, when Moss's vork schedule changed, Avi agreed o accompany Josephine to school in Moss's stead. "It's absolutely easier o date another single parent," says Moss, now engaged to marry Avi this spring. "They understand the conflicts and compromises. They know kids need to be shown they're No. 1—and they don't get offended by that." And, she explains, they approach dating in the same pragmatic way divorced mothers do. "On our first date, Avi sat down and laid out everything. He said, 'I'm divorced. I've got two kids. I definitely want to remarry someday.' Dating him was less a process of discovery, more about revealing hard-earned self knowledge. I appreciated that."

For Monica Landers, that sure sense of shared priorities clinched the deal the second time around. At a birthday party for one of 2-year-old Charlie's friends, she met Chris, then 39, the divorced father of Kaitlin, another 2-year-old. As she was leaving, Chris asked her out for coffee, which she rescheduled to lunch, to better accommodate her work and home demands. "We soon realized that between our dueling custody schedules, we only had one night free per month in common," Landers recalls. "So there were a lot of lunches." Eventually, the two decided to sync their online Yahoo! calendars to find mutual free time. "It took a bit of the romance out of courtship," says Landers, laughing. "But it also eliminated the 'Is he going to call?' worry." Two years of juggling later, the couple realized they had to break up or commit completely. They chose the latter and were married last year. CONTINUED



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Sex and the Single Mother



The author and her son

...myself which is more difficult ...gain, or not?

...sleeping over asked calmly, "Did your dad say anything before she started staying ...head. Our son was in the habit of bursting in for a good-morning hug. ...into his bedroom if the door is shut," I told him.

"Because they're having sex, right?"

Oh, great. "Possibly," I admitted.

"What *is* having sex, exactly?" he asked. I provided the simplest possible explanation.

"Oh, GROSS."

I suppressed a grin. It was exactly the reaction any parent wants from a 9-year-old. Instead of smiling, I said, "It's not gross when you're a grown-up. But don't go in your dad's room without knocking."

As far as I know, he didn't. There were no more sex questions, though it bugged him—an only child—to share so much of his dad's time and home with a virtual stranger. I decided that until things settled down, I wouldn't make him share me with anyone else. Carter needed a mom more than I needed a boyfriend.

Not that the phone was ringing off the hook. ...ere was the man who boasted on our first (and last) date that he hadn't spoken to his teenage son for five years because his ex-... was a ... still shocked by that one.) The closest I came to love was the man who kissed me like I was the only woman on earth—tender, passionate, sexy-as-hell kisses. I adored him, but ...e was the right man, it was the wrong time.

Even single moms deserve a sex life, but not a stupid sex life. That means no unsafe sex, no man who makes you cry, and no man—*ever*—who raises his voice or his hand to your kids. What every woman needs is a lovelife: sex with enough chemistry, respect, and affection to make it worth shaving your legs.

For now, my Saturday nights are spent mostly on the couch eating pizza and watching videos (*Bruce Almighty* is the current favorite) with the cat purring on one side, Carter grinning on the other. I'm the too romantic, too old-fashioned, too picky one in the middle with the really nice underwear under my robe.

Who says motherhood isn't sexy?

—*Roxanne Roberts*

...es of making ...oices in the wake of divorce were very high. The last thing I wanted was an ill-fated rebound romance, and ...ttle boy—bright, sensitive and curious—certainly didn't need a succession of strange men in his life. I vowed not to introduce my son to any guy who wasn't going to play a serious role in our lives.

So I was careful. Probably too careful. Dating after a divorce is like driving after a serious car accident: You have to do it, but you're acutely aware of how easy it is to spin out of control. I saw too many single moms fall into the same trap: What they needed was reassurance, compliments, a bit of fun. What they got were one-night stands, no phone call the next day and a sinking realization that they'd been played for a fool.

My caution increased when my ex-husband acquired his first girlfriend. I was concerned that the relationship was heating ... especially in ... to ask questions ...stody meant ...th his dad ...weekend ...n my son ...friend

...ilun't those ...jump-into-bed single women. ...however, head to Victoria's Secret and buy lots of lacy underwe... I was going to take off my clothes in front of someone new, it certainly wasn't going to be to reveal ratty department-store underwear. Turns out I was laughably optimistic.

For the first time in my adult life, I was confused about sex. ...ex was easy. Did I want to sleep with that nice fellow, and did he want to sleep with me? Married sex was even easier. Did I want to sleep with my nice husband, or did I just want to sleep? But divorced sex is complicated: Who, when—and most importantly—*why*? Suddenly I had new underwear and a hundred questions.

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How to Protect Your Money in a Divorce

Why it's imperative to understand your assets—and which ones are worth fighting for



...can be an emotionally wrenching—if not downright bitter and divisive—experience. But when it comes to divvying up marital assets, there's no reason you can't get past the pain and focus on making smart, sound decisions to ensure your long-term financial health. "Women who negotiate with their heart instead of their head can leave a lot more than necessary on the bargaining table," says Jamie Lapin, a certified divorce financial analyst in Rockville, Maryland.

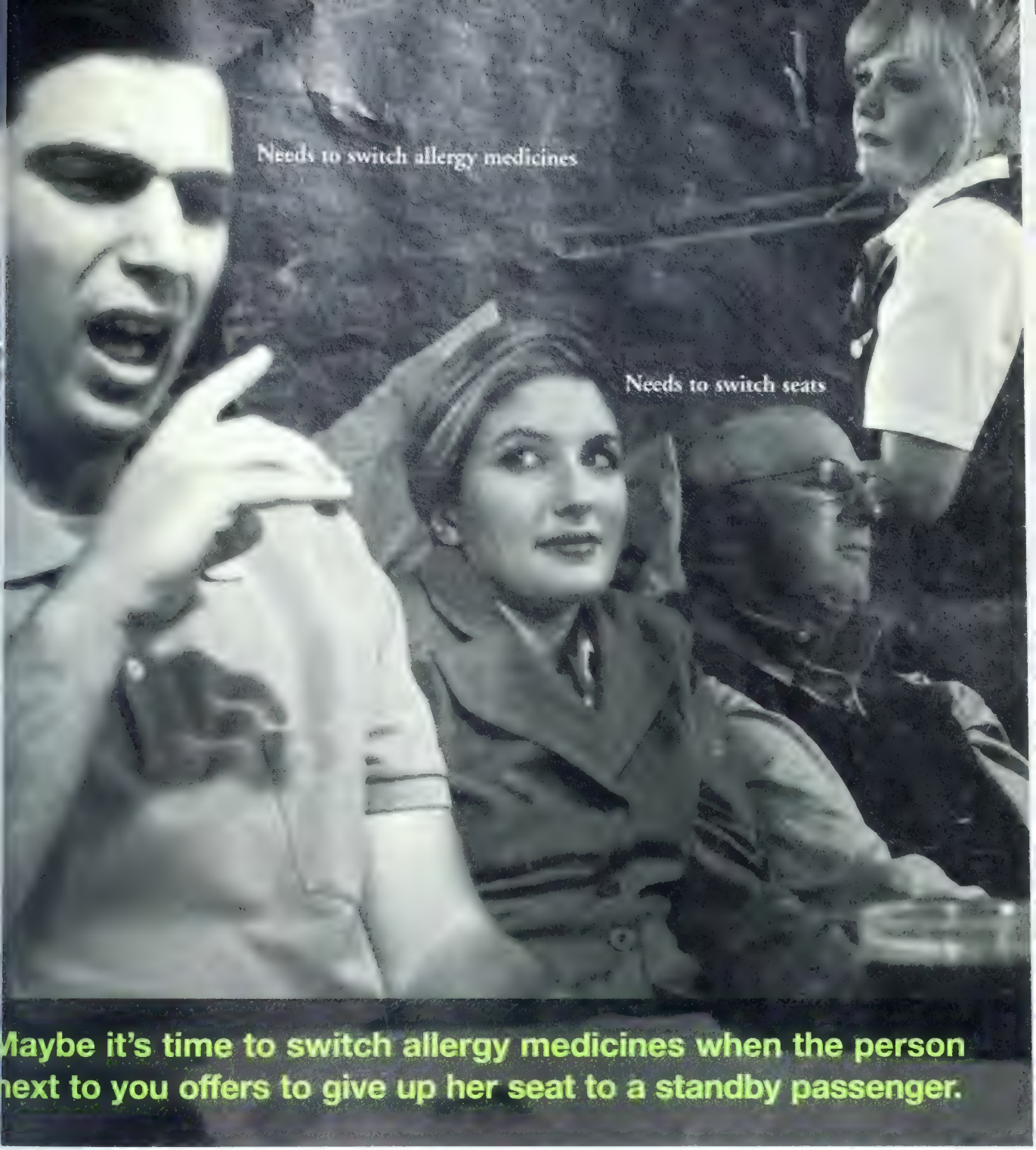
The first step is mastering the financial facts of your marriage: income, pension plans, property and other assets. Ideally, you and your husband have been sharing this information all along. If not, it's time to pore over checkbooks, brokerage statements and tax returns—and enlist the help of a divorce financial analyst in addition to your divorce lawyer. That costs on average about $160 an hour, but it's well worth it. Even if you live in a state with laws mandating equal division of property, your spouse can always lie or hide assets, or pressure you into a deal that isn't equitable. A divorce financial analyst is more adept at uncovering any such assets and is also [illegible] about evaluating different investments, comparing them, and projecting how they will affect you in the future.

Then it's time to divide the spoils, starting with the largest ones—the house and retirement plans. "Typically, the wife wants the first and the husband wants the second," says Joel Weiner, a certified financial analyst in Palatine, Illinois. "You have to run the numbers, but you generally find that the pension is the better asset." A retirement plan such as a 401(k) involves no upkeep or taxes, and stands to appreciate over time. But keeping the house means you're responsible for mortgage payments, property taxes and maintenance expenses. Nor is it a liquid investment—that is, you can't sell a part of it if you need the money. Selling the house before the divorce is final, however, benefits both spouses, since it entitles you to deduct up to $500,000 of the sale profits from capital gains taxes (if you sell it on your own later, you're entitled to only half the amount).

If you decide to split your pension and retirement assets, both parties have to file a qualified domestic-relations order (QDRO), a legal document that directs pension-plan sponsors how to pay out the funds. Most people don't realize that in the event of divorce, you can empty a defined contribution plan, such as a 401(k), even if you aren't the required 59½ years old, *without* paying a tax penalty, says San Diego–based financial planner Mark Hill. Traditional pension plans paid by a company, known as defined benefit plans, generally can't be disbursed until the working spouse retires, but you can stake out a portion of that for your future. And don't forget social security. "After 10 years of marriage, you are entitled to an amount equal to 50 percent of your spouse's benefits, and he to yours," says Lapin.

Stock options should also be part of the mix. Although you may not be able to own those in your husband's name, you may be entitled to some of the proceeds when they are later exercised and sold. And remember that alimony or child support are all cash flows that could disappear if your ex dies—unless you protect yourself by purchasing life insurance for your husband and declaring yourself the beneficiary.

BY PAMELA BLACK



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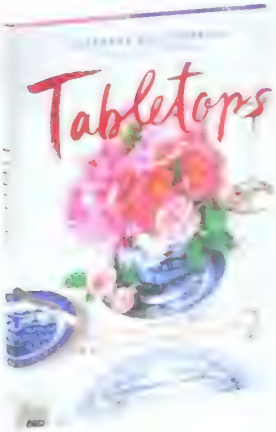
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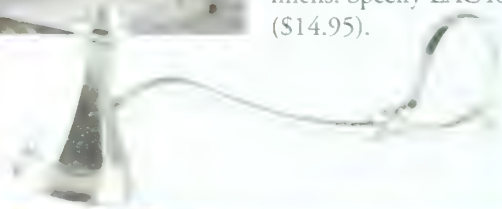
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tool, and our stronger when we at the same firm [illegible] then. She was [illegible] as I was, and we'd celebrate together whenever one of us won a case. We also loved to go shopping, clubbing and skiing together. Then she met David. They got married in 1997, and I was her maid of honor. When her son, Luke, was born, Kate took a maternity leave. She never came back. She could afford to stay home because David has a good job with his family's business.

"From the get-go, Kate expected me to be totally fascinated with her child, but she didn't return the favor when it came to my work life. I'll never forget the time when I called to tell her I made partner. All she said was, 'Oh, that's nice' before she started in on how the baby had learned to sit up. Then, when I couldn't make Luke's first birthday party because I had to work to prepare for a big trial, she threw a fit. She said she couldn't believe I'd miss a milestone in her baby's life because of my job. This kind of thing has happened over and over through the years. There's always this subtext that motherhood is the highest calling, so my baby-free life isn't as important as hers. I miss the old Kate; is she gone forever?"

The counselor's response: "Law school and the early working years were a season of Denise and Kate's lives when their lifestyles jibed, but many friendships drift apart when the season and the reason are gone.

"There may be an underlying ambivalence on Kate's part about having [illegible] motherhood. At the same time, it seems that Denise is unsympathetic to how engrossing motherhood can be. However, the fact that she has hung in there suggests to me that the two of them are still attached at the heart.

"Denise and Kate need to acknowledge the problem between them. The next time they get together, Denise could start by telling Kate how important their friendship is, but that she's been disappointed and hurt by Kate's lack of interest in her career. If Kate responds by voicing her disappointment at Denise's lack of interest in Luke, Denise should say she'd like to find a way for both of them to be more involved in each other's lives. Maybe all Denise wants is phone conversations where Kate *really* listens to and engages in what Denise has to say. And maybe Kate just needs Denise to be an unofficial aunt who makes every effort to be there at Luke's birthdays, recitals and graduations, but will let Denise know ahead of time so she can work them into her schedule. They'll both be richer for being able to share their experiences, joys and challenges along the way."

BY SONDRA FORSYTH

The story told here is true, although the names and other details have been changed to conceal identities. The counselor, Kathleen A. Brehony, Ph.D., is a clinical psychologist and author of *Living a Connected Life: Creating and Maintaining Relationships That Last.*

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ery few months, a course catalog
m a local community college ap-
ars in my mailbox. Usually I flip
ough the listings, then toss it in the
cycling bin. But last week, when I
t the catalog, a course in Latin
ckoned to me. Why not give it a
, I thought? Tackling a new lan-
age could be fun, and it would be
minating to know the Latin roots
English words.

But something held me back.
anted, a dead language spoken
ly by priests and Oxford dons has
nited usefulness. But there was
ore to it than that. The prospect of
udying, memorizing and being test-
filled me with trepidation. I hadn't
ammed for a test in 20 years. Be-
een then and now, my life had
own to accommodate a career, a
sband, two kids and a dog, and my
ice agile mind seemed to have taken
vacation—perhaps, I feared, a per-
anent one. Had childbirth softened
y brain as well as my abdominals?

Thirty years ago scientists might
ell have told us so. At birth, went
e theory, we have acquired all the
ain cells we will ever have, and by
ir early 20s they begin to die in
rge numbers. Then, a few years
go, researchers made a discovery that sparked hope in aging hearts everywhere: We continue to generate new brain cells throughout our lives. One of the hottest areas in neuroscience now involves figuring out what triggers the production of these cells, and what role they may play in learning and memory.

Meanwhile, neuroscientists have also discovered other important ways in which the adult brain changes: The connections between brain cells (which control the way information flows from one cell to the next) can grow stronger or weaker, and the cells, if stimulated appropriately, may even sprout new connections. "It turns out that the brain, even in adulthood, is remarkably adaptive," says Michael Merzenich, Ph.D., professor of neuroscience at the University of California at San Francisco. Yes, our existing brain cells do start to die as we age, but recent research shows that even this does not have to be inevitable. We can stem the loss by using our brains, even in ways that require little effort.

Sounds great, you may be saying to yourself, But why do I sometimes have trouble remembering a person's name, or even the name of a simple household item?

Sister, I hear you. I am all too fa
r with the frustration of needing a word, having it within reaching distance, but being unable to seize it: "Honey, where's the whatchamacallit—you know, the flat metal thingy for turning pancakes?"

The hard truth is that memory *does* start to decline noticeably beginning in our 40s, as does the rate at which we process information. Fortunately, the drop-off is slight, far less of a big deal than most of us make of it. And, indeed, experts attribute much midlife muddle to factors unrelated to anything physical. Kids, work, bills, chores and e-mail all compete for time in our heads, making it harder to devote the attention needed to learn something new or recall something learned earlier. Like any overloaded computer system, the one between our ears occasionally crashes, bringing forth a "senior moment."

This theory is borne out by a study from the University of Michigan, in Ann Arbor. Cognitive neuroscientist Denise Park, Ph.D., compared the ability of 121 people from 34 to 84 to remember to take their medicine. Guess who fared the worst? The middle-aged folks. Busy lives seem to overload the memory circuits, says Dr. Park.

GROW MORE CREATIVE

The good news is that, while our ability to remember may fade with age, the brain continues to accrue more knowledge. In other words, it might take us longer to dredge up a particular word from our memory CONTINUED ON PAGE 82

BY MELISSA HENDRICKS



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In clinical studies, commonly reported side effects included upper respiratory infection, diarrhea, nausea, and high blood pressure. Report any unusual symptoms to your doctor.

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Call 1-800-MERCK-30 for your free information guide on VIOXX, or visit **vioxx.com**. Please see the Patient Product Information for VIOXX on the next page for additional information that should be discussed with your doctor.

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VIOXX®

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for EVERYDAY VICTORIES

Patient Information about
VIOXX® (rofecoxib tablets and oral suspension)
VIOXX® (pronounced "VI-ox")
for Osteoarthritis, Rheumatoid Arthritis and Pain
Generic name: rofecoxib ("ro-fa-COX-ib")

Also, read the
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e and at regular checkups

used to reduce
ble as a tablet or

- relief of osteoarthritis (the arthritis caused by age-related "wear and tear" on bones and joints)
- relief of rheumatoid arthritis in adults
- management of acute pain in adults (like the short-term pain you can get al or surgical operation)
- treatment of menstrual pain (pain during women's monthly periods)

Who should not take VIOXX?

Do not take VIOXX if you:
- have had an allergic reaction such as asthma attacks, hives, or swelling of the throat and face to aspirin or other NSAIDs (for example, ibuprofen and naproxen).
- have had an allergic reaction to rofecoxib, which is the active ingredient of VIOXX, or to any of its inactive ingredients. (See Inactive Ingredients at the end of this leaflet.)

What should I tell my doctor before and during treatment with VIOXX?

Tell your doctor if you are:
- pregnant or plan to become pregnant. VIOXX should not be used in late pregnancy because it may harm the fetus.
- breast-feeding or plan to breast-feed. It is not known whether VIOXX is passed through to human breast milk and what its effects could be on a nursing child.

Tell your doctor if you have:
- history of angina, heart attack or a blocked artery in your heart
- kidney disease
- liver disease
- heart failure
- high blood pressure
- had an allergic reaction to aspirin or other NSAIDs
- had a serious stomach problem in the past.

Tell your doctor about:
- any other medical problems or allergies you have now or have had
- all medicines that you are taking or plan to take, even those you can get without a prescription

Tell your doctor if you develop:
- serious stomach problems such as ulcer or bleeding symptoms (for instance, stomach burning or black stools, which are signs of possible stomach bleeding)
- unexplained weight gain or swelling of the feet and/or legs
- skin rash or allergic reactions. If you have a severe allergic reaction, get medical help right away

How should I take VIOXX?

VIOXX should be taken once a day. Your doctor will decide what dose of VIOXX you should take and how long you should take it. You may take VIOXX with or without food.

Can I take VIOXX with other medicines?

Tell your doctor about all of the other medicines you are taking or plan to take while you are on VIOXX, even other medicines that you can get without a prescription. Your doctor may want to check that your medicines are working properly together if you are taking other medicines such as:
- warfarin (a blood thinner)
- theophylline (a medicine used to treat asthma)
- ACE inhibitors (medicines used for high blood pressure and heart failure)
- a medicine used to treat a certain type of depression).

the place of aspirin for prevention of heart attack or stroke. If you take both aspirin and VIOXX, you may have a greater chance of serious stomach problems than if you take VIOXX alone. If you are currently taking aspirin for prevention of heart attack or stroke, you should not discontinue taking

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What are the possible side effects of VIOXX?

Serious but rare side effects that have been reported in patients taking VIO and/or related medicines have included:

- Serious stomach problems, such as stomach and intestinal bleeding, can oc with or without warning symptoms. These problems, if severe, could lead hospitalization or death. Although this happens rarely, you should watch signs that you may have this serious side effect and tell your doctor right aw
- Heart attacks and similar serious events have been reported in patie taking VIOXX
- Serious allergic reactions including swelling of the face, lips, tong and/or throat which may cause difficulty breathing or swallowing wheezing occur rarely but may require treatment right away. Severe s reactions have also been reported.
- Serious kidney problems occur rarely, including acute kidney failure a worsening of chronic kidney failure.
- Severe liver problems, including hepatitis, jaundice and liver failure, oc rarely in patients taking NSAIDs, including VIOXX. Tell your doctor if develop symptoms of liver problems. These include nausea, tiredness, l ing, tenderness in the right upper abdomen, and flu-like symptoms.

In addition, the following side effects have been reported: anxiety, blurred visi colitis, confusion, constipation, decreased levels of sodium in the blood, depr sion, fluid in the lungs, hair loss, hallucinations, increased levels of potassium in blood, insomnia, low blood cell counts, menstrual disorder, palpitations, pancreat ringing in the ears, severe increase in blood pressure, tingling sensation, unus headache with stiff neck (aseptic meningitis), vertigo, worsening of epilepsy,

More common, but less serious side effects reported with VIOXX have inclu the following:

Upper and/or lower respiratory infection and/or inflammation
Headache
Dizziness
Diarrhea
Nausea and/or vomiting
Heartburn, stomach pain and upset
Swelling of the legs and/or feet
High blood pressure
Back pain
Tiredness
Urinary tract infection.

These side effects were reported in at least 2% of osteoarthritis pati receiving daily doses of VIOXX 12.5 mg to 25 mg in clinical studies.

The side effects described above do not include all of the side effects repo with VIOXX. Do not rely on this leaflet alone for information about side effe Your doctor or pharmacist can discuss with you a more complete list of effects. Any time you have a medical problem you think may be relate VIOXX, talk to your doctor.

What else can I do to help manage my arthritis pain?

Talk to your doctor about:
- Exercise
- Controlling your weight
- Hot and cold treatments
- Using support devices

What else should I know about VIOXX?

This leaflet provides a summary of certain information about VIOXX. If you h any questions or concerns about VIOXX, osteoarthritis, rheumatoid arthriti pain, talk to your health professional. Your pharmacist can give you an additi leaflet that is written for health professionals.

Do not share VIOXX with anyone else; it was prescribed only for you. It sh be taken only for the condition for which it was prescribed.

Keep VIOXX and all medicines out of the reach of children.

Inactive Ingredients:

Oral suspension: citric acid (monohydrate), sodium citrate (dihydrate), sorbitol solu strawberry flavor, xanthan gum, sodium methylparaben, sodium propylparaben

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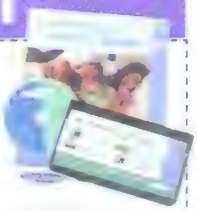
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banks [illegible] overall. And along with our vocabularies, our ability to solve problems [illegible] as we age.

Barry Gordon, M.D., professor of neurology and cognitive science at Johns Hopkins Medical Institutions, in Baltimore, has written a book on this topic called *Intelligent Memory*, which he defines as the ability to use facts and figures to solve problems, innovate and think creatively. Some famous inventions and discoveries probably sprang from this sort of memory. Dr. Gordon cites the case of George de Mestral, whose observations of how burrs cling to clothing gave him the brainstorm that led him, in his 40s, to create Velcro.

"As people mature, they can integrate data into a larger framework," says Lawrence Katz, Ph.D., professor of neurobiology at Duke University Medical Center, in Durham, North Carolina. "They see the connections between things and their ability to think strategically, on large scales, increases." So, while a 15-year-old might learn and remember a fact more easily, a 35-year-old understands it in a broader context and sees the possible ramifications. In short, the old chestnut really is true: Younger people may be smarter, but older people are wiser.

Sheila McCabe Taylor, 37, of Annapolis, Maryland, made this discovery firsthand. When the newly divorced mother of four decided to return to college in her early 30s to become a paralegal, she was appre[illegible] Would she remember how [illegible] and take notes? Was her [illegible] information? As it turns out, Taylor [illegible] es, not least because her life experience (including her divorce) had already taught her a lot about the legal system. "In many ways, I have an advantage over the younger people in my classes," she admits. "Because I'm so motivated, I'm more focused and I listen better. You don't really understand the importance of these things until you've matured." In fact, Taylor is so enthralled with her new field that she now plans to earn her law degree and work in family law.

USE IT OR LOSE IT

But why work so hard at learning at this point in your life? You sweated through years of homework, cramming and test-taking; why not simply coast?

One big reason is that, just as exercising your body protects against heart disease and osteoporosis, exercising your brain can keep the gray matter in tip-top shape. Scientists have found that people CONTINUED

Fun Ways to Boost Your Brain Power

* **Do crossword puzzles** Craig Stark, Ph.D., assistant professor of psychology at Johns Hopkins University, says that the process of doing a typical crossword puzzle exercises most parts of the brain. The parietal lobe, which processes visual perception, is activated when you focus your attention on the problem (say, of finding a seven-letter word for brewing beer); searching for the answer engages the brain's language center; recalling a word taps into your memory system; and checking your answer uses cognitive functions emanating from the prefrontal cortex.
* **Read literature** A novel with a complex plot, sophisticated use of language and three-dimensional characterizations requires more brain activity than reading a romance novel with a formulaic plot.
* **Watch brainy television** Resist sitcoms and tune in to educational programming (history, science, art) that poses questions and theories and expands your knowledge base.
* **Get technical** Stop relying on your teenage kids to program the VCR or work the digital camera. Dig out the owner's manuals (a memory exercise in itself!) and figure out how these devices work.
* **Use your hands** Such activities as quilting, sewing, knitting, crocheting, painting, woodworking and gardening use often overlooked spatial skills and require calculations and planning (functions that are carried out in the brain's prefrontal cortex).
* **Shake up your routine** Take a new route to work; change the seating arrangement at the dinner table; brush your teeth with the opposite hand. Your brain gets a more vigorous workout if you surprise it occasionally.
* **Seek out novelty** In brain-imaging studies, more regions of the brain are activated when a person performs an unfamiliar task than a routine one. So take in a play or a museum exhibit; visit an ethnic market, buy foods and spices you've never tried, and cook a meal; or learn a musical instrument (an all-around great brain exercise, according to Mark Jude Tramo, M.D., an assistant professor of neurology at Harvard Medical School, because it involves almost every region of the brain).
* **Take a vacation** Travel is a classic way to give your brain a dose of novelty—new sights, sounds, smells, tastes. If you visit a different culture, you'll also encounter fresh ideas and ways of looking at the world. And in navigating an unfamiliar place, you'll exercise your brain's spatial skills.

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who spend their free time reading, [illegible] types [illegible] decline. Formal education [illegible] benefits. In autopsies on volunteers who died during a long-term study on aging, researchers at Chicago's Rush Alzheimer's Disease Center have found that the more education a person had, the less likely he was to exhibit symptoms of Alzheimer's—even if his brain revealed the presence of the disease.

Indeed, research conducted by Yaakov Stern, Ph.D., a clinical neuropsychologist at Columbia University, in New York City, suggests that stimulating your mind may build a better brain, a more complex one with alternative networks for thinking through problems and retrieving memories. This extraordinary organ is, as Dr. Merzenich puts it, a special-purpose machine that can take in information from the outside world, then change itself to meet the requirements at hand. Pretty impressive.

I, for one, need no further convincing: I'm determined to get mentally fit, starting right now. I haven't worked up to enrolling in a class yet, but I did buy a book of Latin roots that I've been studying, and I've been urging everyone I know to take some similar action. Whether you think big (enroll in graduate school) or, like me, start small (attempt this Sunday's crossword puzzle), remember—your brain craves learning. So why not give it the attention and respect it deserves?

[illegible] Brain?

[illegible] smarter, would you take it? That possibility is [illegible] you might think. Building on the work [illegible] Kandel, Ph.D., who helped decode the molecular [illegible] volved in learning and memory, scientists around the country [illegible] hancing drugs for treatment of Alzheimer's [illegible] se and dementia, as well as milder forms of age-related memory [illegible] concerns abound: Many experts believe these pills would soon find their way into the medicine cabinets of people with no [illegible] who might pop them whenever they needed a mental boost. [illegible] d taking this "Viagra for the brain" (as such drugs have been dubbed) give these users an unfair advantage? Furthermore, notes Tim Tully, Ph.D., a founder of Helicon Therapeutics, in Farmingdale, New York, "this new class of memory enhancer may produce heretofore unknown psychological side effects." One risk is remembering too much. Natural memory is selective: we remember some things because we forget others. If a pill enabled us to retain every fleeting thought and sensation, most of us would have trouble making sense of the world.

"Bodybuilding" for a Young Mind

The three building blocks of a strong brain are all body-based:

* **Exercise** Moving your body lubricates the machinery that orchestrates thinking. In a recent study at the University of Illinois at Urbana-Champaign, older people who exercised regularly performed better on tests of memory and thinking skills and, in brain scans, had healthier-looking gray matter than sedentary peers. Experience may have already taught you this connection: Have you ever been stumped by a problem only to discover the solution when you go for a walk? The brain regions responsible for physical movement—the cerebellum, primary motor cortex, frontal cortex and basal ganglia—are some of the same structures that coordinate thinking. Moreover, physical movement increases blood flow to the brain, carrying glucose and oxygen, the brain's fuel. Animal research also suggests that exercise stimulates the growth of new brain cells, spurs the production of the special chemicals that nourish existing brain cells and enhances the connections among them.
* **Diet** Consider blueberries, strawberries and spinach when you're planning menus. After aging rats with memory loss were fed pellets of these foods, their memories dramatically improved. Along with other deeply colored fruits and vegetables, these foods are rich in antioxidants, which may help protect brain cells from the damaging effects of the rampaging molecules called free radicals.
* **Sleep** If learning is like entering data into a computer, sleep is analogous to clicking "save." Sleep secures memories. If you can't get a solid eight hours a night, try napping. In one recent Harvard University study, a 60- to 90-minute nap improved volunteers' performance on a visual perception test as well as eight hours of sleep did.

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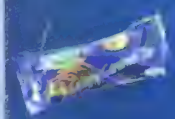
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The Secret to a Better Marriage?

BY ANNE GLUSKER

Having girlfriends. When we want to grouse, giggle or groan, women instinctively turn to their gal pals, not their guys. The good news is that even our husbands are happier that way

In the days before my wedding, a very wise friend told me something I really needed to hear: "I didn't marry Dougie for him to be my best friend. I already *had* a best friend!" I was relieved beyond belief, for I too had a best buddy—Judy, whom I'd known since we were 3-year-olds—and I'd been worrying about how such a close friendship could co-exist with a marriage. The answer is: wonderfully.

Many women will tell you that they need female friends for all the things their husbands either can't or don't want to do—engage in marathon chat fests, commiserate over petty injustices, work through the knotty problem of whether to buy that canvas tote or the faux crocodile clutch. We can wonder whether it's nature or nurture, but women feel the need to examine their lives under a microscope more than men do. It's not that men don't want to share our lives—they just aren't riveted by the same degree of detail that we are. If you've ever found yourself on one of those online map sites, you know that you can choose either the "zoom in" or the "zoom out" function. Well, my husband—a great human being—is "zoom out" all the way; he's simply a big-picture kind of guy. If it weren't for Judy, he'd have to suffer through a close-up version of every blessing and catastrophe, triumph and defeat of my days. To say he's grateful to skip 98 percent of this is an understatement. And to say he's the only one to benefit is to miss the heart of it. In fact, researchers have found that most women say that having a girlfriend to lean on has helped them, and it has actually improved their marriages. In a survey of women in their 20s through 40s at the University of Wisconsin-Milwaukee, 90 percent said they routinely talked about their relationship problems with a close gal pal, and 75 percent of the married subjects said they sometimes discussed marital problems with their friends before bringing them up with their spouses. "Women often work out strategies for dealing with marital problems—such as pointing out each other's husband's good points—which eases their anger and helps them avoid confrontations with their spouses," says sociologist Stacey Oliker, Ph.D., who conducted the study. "These women also said their friends' empathy helped them cope better with what was unsatisfying in their marriages."

One reason why wives turn to girlfriends is that men tend to deal with problems differently than women. Whereas women often CONTINUED





Female friendships do more than soothe our souls: they actually improve our health

get relief simply from talking, men seem compelled to find a solution as quickly as possible, then move on. "If you tell your husband you're having difficulty with your mother, he'll want to fix it," says Sandy Sheehy, relationship specialist and author of *Connecting: The Enduring Power of Female Friendship*. "He'll give you advice, and if you don't take it, he'll get really annoyed." Of course, to some degree male behavior is understandable: He has to live with your problems, and your friends don't. But a girlfriend's way of dealing may have a bigger payoff, says Sheehy. "A girlfriend will sympathize and say, 'I understand; I go through the same thing with my mom,' and let you work things out on your own."

But female friendships do more than soothe our souls: they actually improve our health. Psychologist Shelley Taylor, Ph.D., of the University of California, Los Angeles, who conducted a wide-ranging survey of stress studies in 2000, theorizes that women have a natural tendency to "tend and befriend" when they or their friends are in trouble—the opposite of the "fight or flight" response that is more typical of men. This reaction, she explains, involves the release of the hormone oxytocin, which has a calming effect and lowers stress levels. Tending and befriending and experiencing less stress may also partly explain why women consistently outlive men. Take the ongoing Harvard Nurses' Health Study, which has found that the more friends a woman has, the less likely she is to develop physical impairments as she ages.

Intuitively, women understand the power of friendship: that's why we gravitate toward each other in offices or churches, at school meetings or the park; we connect and exchange information that ranges from the frivolous (where to get the best manicure) to the serious (which hospital is best). Men simply don't require as much social interaction as we do. "In addition, they don't want to talk much about their inner life and don't want to share their emotions," says Dr. Oliker. And since they don't need as much nurturing as women, they may react with puzzlement—or irritation—when we try to get it from them. Or they may perceive us as being excessively needy. In fact, says Dr. Oliker, the women in her study reported that their husbands were actually relieved by the fact that their wives looked to girlfriends for support.

A case in point is Jeanne Severin-Hansen of Huntington Station, New York, whose husband, Niels, sank into a funk when his CONTINUED

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career took an unexpected downturn. "Niels had been employed for 30 years by the postal service as an overhaul specialist," Severin-Hansen says. "Then when he turned 45, they outsourced his job, and he ended up filling mail sacks on the graveyard shift." Niels was offered early retirement, but if he stuck it out for 10 more years he'd get a much better pension deal. "He was determined to retire early even though we were under a lot of financial strain, but I was against it," says Severin-Hansen. "I had a job at an insurance company, but we were paying tuition and living expenses for our daughter, Peggy, who was attending the School of American Ballet, in New York City. It was a rough time."

That's when Severin-Hansen made a lunch date with a close girlfriend. "She let me vent big time," Severin-Hansen recalls. "But after a while my friend got me to understand how demeaned and angry Niels was feeling. Then she suggested that I write down what the financial implications of taking early retirement as opposed to hanging in there for five more years would be. The idea was to present the facts to Niels in a nonemotional way." Severin-Hansen did exactly that—for one thing, she was able to show that their budget would not cover both the mortgage and monthly utility bills—and Niels saw the light. "He conceded that 10 years wouldn't be so bad if it meant we'd be so much better off as a family in the long run," Severin-Hansen says. "That's what I had been saying all along, but my girlfriend helped me get the message across calmly." Since Niels retired at 55, Peggy has become a principal dancer with the Carolina Ballet in Raleigh, North Carolina, and the family has all moved there as well. "Niels is his old self again—only better," says Severin-Hansen. "Thank goodness I had my girlfriend as a sounding board and advisor back when our lives were a mess!"

All the sustenance our girlfriends provide, however, shouldn't diminish how much we need to be able to rely on our spouses. "Women who always end up going to their female friends may not really address issues with their husbands," says New York City–based psychotherapist Amy Joelson. "But that's a problem, because it's important that we still try to achieve intimacy with them. We can't just say, 'Oh, he's a man; he won't understand.' In fact, if husbands could understand *why* their wives need or want to talk in such detail, it would create a greater sense of intimacy."

Perhaps it's the very differences between our husbands and our girlfriends that make each a necessary part of life. Sarah Hanrahan Apple, an art-history teacher and mother of two in Highland Park, Illinois, relies on her female friends when she needs to let off steam or "hyperventilate," as she calls it. "Even though part of me can't understand why my husband won't analyze this or that, the other part realizes that Bryan is the even keel in my life," she says. "When you're dealing with serious problems, it's great to vent emotions with friends, but it's also absolutely necessary to have a cool head around, someone who can think things through calmly. The solution for me isn't for Bryan to be more like my girlfriends; the best thing is to have both in my life."

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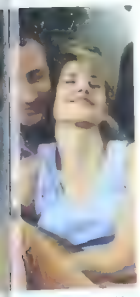
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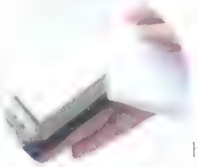
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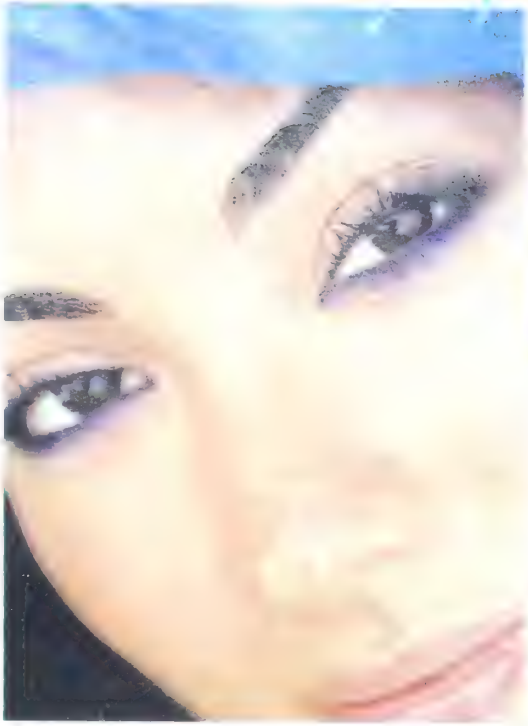
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Trend Watch

How to Make Your Blue Eyes Blue

If you're looking for a quick yet classic way to update your look, try lining your eyes with navy eyeliner, and top with a coat of mascara in a similar hue. Just like trusty ole black, blue defines your eyes and makes them pop, but navy brightens the whites of your eyes better than black. Plus, it flatters any eye color or skin tone. Try Tarte double-ended eyeliner in Classic Black/Navy ($18) and T. Le Clerc Eye Pencil in Saphir ($15). Finish with Max Factor Stretch & Separate Mascara ($6.50) in Deep Blue.

Patricia's Pick

STYLISH SHADOW SHADES

've always been dra akeup artist Sonia ashuk's signature beauty ollection; her high-fashion edentials show up in is pro-quality line. With e introduction of the reamy Dreamy Creme Eye hadow Palette ($14.99), I'm fan for life. The compact cludes four luminous eutral shades that work on veryone, as well as two ilver and white shades for in accents. An eyeshadow ase rounds out the palette nd ensures that your look ays put all day. It's found xclusively at Target.



BEAUTY BREAKTHROUGH

How to Be Picture-Perfect in Pictures

Blushing brides—or anybody who's ever mugged for the camera—will flip for Estée Lauder's Picture Perfect Powder Duo ($30), two interlocking face powders designed to outsmart the shine that plagues many a photo subject. The top half contains a pressed powder that softens lines and pores, while the bottom half holds loose powder with pigments that add radiance and keep the skin feeling cool. It's your perfect portrait—guaranteed.

A Vitamin-C Facial in a Box

You've surely heard how your skin-care regimen is not complete without skin-repairing vitamin C, and while the hype is merited, figuring out which products pack the best punch of C can be confusing. Though it's found in many skin-care products, vitamin C's potency often diminishes as soon as it's exposed to air. Now, Los Angeles–based dermatologist Howard Murad, M.D., has developed the Environmental Shield Vitamin C Infusion Home Facial Kit ($60 for four treatments). Since the vitamin C is activated when you mix the vitamin gel and cream packs, it never has a chance to disintegrate. You can expect fewer lines after three weeks, says Dr. Murad. Available at www.murad.com.



For more beauty tips and advice, go to: www.lhj.com/bf



Your Prettiest Summer Skin

Hair removal methods are better—and less painful!—than ever

Skin that looks silky and feels smooth is your best accessory this season, making now the time to say *sayonara* to hair that's been sprouting up in all the wrong places. Traditional at-home hair removal products—such as depilatories, waxing kits and razors—have been refined, so much that they're easier to use and more effective than ever before. So let's get started! CONTINUED


Ever wonder why your volumizing conditioner doesn't really volumize?
Dove



depilatories

What's new: Depilatories dissolve hair below the skin's surface, resulting in a smoother, longer-lasting finish than you get by shaving. And now, you can choose from a variety of depilatory formulas, including creams, mousses and gels, most without the ammonia-like odors of the past.

How-to: Apply product directly onto skin; messy rubbing, a feature of the old-fashioned variety, is no longer required. Wait approximately five minutes, and wipe away the product—and your excess hair.

Lasts for: Three to four days

Ouch factor: Aside from a very mild tingling, you should experience no pain whatsoever.

Great to try: Nair No Touch Upper Lip Cream ($4.19, pictured); Nad's Squeegee & Creme Hair Removal System ($14.99), for all body parts

shaving kit

What's new: Everyone's favorite hair removal method keeps getting better. The biggest buzz this season is about razors that help you with the most sensitive spots, such as the bikini line, underarm and ankles.

How-to: No matter which shaver you use, you'll get the best results shaving on moist skin, preferably in the shower. Also, shave in the same direction the hair grows, not against it, for best results.

Lasts for: A few days

Ouch factor: Unless you cut yourself, you're in the clear.

Great to try: Noxzema Bikini Razor ($3.49, pictured), has narrow blades, ideal for small areas; Finishing Touch ($10, pictured), a battery-operated hair trimmer that's portable works well for last-minute touch-ups; Gillette Venus Divine Razor ($8.50), features three moisturizer-coated blades that gently lift the hair into the razor and leave the skin silky

waxing

What's new: If being hair-free for weeks at a time is what you crave, then waxing is worth enduring. Long considered the kind of beauty procedure you wanted to save for visits to spas or salons, waxing is now simpler and less painful to do at home.

How-to: Most waxing kits now contain the bonus of both a pre-waxing cleansing lotion and a post-waxing soothing lotion, in addition to the wax itself. After heating the wax in the microwave, it's a good idea to mix it thoroughly, then test the wax's temperature by dabbing a bit on your inner wrist. It should feel warm—not scalding or cool—to the touch. If you spot any stray hairs after the treatment, resist the urge to give it another go with the wax; you'll risk seriously bruising the area. Reach for the tweezers instead.

Lasts for: Four weeks, if you're a first-time waxer; longer if you've waxed previously

Ouch factor: Even at its most gentle, there's no sugarcoating the fact that waxing can sting. The best way to soothe the bite is to desensitize the skin first with a product such as GiGi Anesthetic Numbing Spray ($12), which contains calming lidocaine.

Great to try: Surgi-Wax Gel Wand Hair Remover for Face ($5, pictured); Bliss Poetic Waxing Kit ($40), for body

WATCH FOR IT!

The Best Events, Promotions and Products for Women

imagination at work

GE Healthcare
invites
Ladies' Home Journal
readers to

"Wear Red"

in support of
women's heart health.

Bid on celebrities' clothing at an exclusive eBay auction

Send an e-card for heart health

Take a "healthy heart" quiz

Attend a special event

See the September issue of Ladies' Home Journal or visit **lhj.com/wearred** for details. Auction proceeds will benefit the American Heart Association's women's initiatives.

WEAR RED

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Beauty & the Boys

Want the man in your life to have softer, sexier skin? Turn him on to the best of the new guy-grooming products



Chalk it up to the happy makeover subjects on *Queer Eye for the Straight Guy*—or perhaps to men's long-hidden vanity—but guys are finally realizing that following a skin-care regimen doesn't make them any less masculine. Their unique concerns, such as oilier, thicker and hairier skin, as well as deeper wrinkles due to more muscle fiber and collagen, mean men need products specifically designed to penetrate and smooth. And with lotions and potions devoted to their needs flooding store shelves, there's never been a better time for your guy be well groomed.

MUST-HAVES FOR YOUR MAN

e Control ($32) uses enzyme-rich papaya extract to keep skin smooth and help prevent neck and face lines.

Summer means sweat and the resulting facial shine for him, too. Nivea for Men Oil Control Face Lotion ($5.99) has oil-free hydrating agents to sop up excess moisture, while still giving him a healthy glow.

($5.99) contains salicylic acid to prevent breakouts and minimize shave-related ingrown hairs. Plus, it's gentle enough to use twice a day.

For extra blemish-busting, try Anthony Logistics For Men Spot Therapy with skin-smoothing alpha-hydroxy acids and soothing lavender.

Dull skin? Nickel firms and energizes skin by harnessing the circulation-boosting powers of caffeine.

Suggest that your guy use a face scrub before shaving to exfoliate the skin and open pores. Have him try Clinique Skin Supplies for Men Face Scrub ($15) or Old Spice High Endurance Invigorating Pre Shave Scrub ($5.99), which enlists glycerin to help reduce razor burn.

Remind him to shave gently (too much pressure irritates the skin) and use a shave cream with conditioning agents, such as Jack Black Beard Lube ($15), loaded with jojoba, eucalyptus, peppermint and macadamia nut oil.

Suggest an after-shave product that includes lidocaine or aloe to soothe his skin. Brave Soldier Code Blue Cooling Aftershave and Afterwaxing Gel ($18) is a great choice.


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REAM TEAM TOUR

ored by Celine Dion Parfums





To celebrate the first anniversary of Celine Dion Parfums, Coty Beauty and Celine Dion invited fans who embrace the essence of the Grammy-award-winning artist to compete for the opportunity of a lifetime — a spot on the Celine Dion Dream Team.

Spirited hopefuls answered the questions "What is your dream in life" and "What are you doing to achieve it?" to enter the online contest.

With over 1.2 million visits to the Web site and over 17,000 entries, it is clear that Celine Dion's personal philosophy and core values of voice, strength, beauty, passion and spirit struck a powerful chord with millions of women. The winners were chosen because they had taken bold steps to achieve their dreams! The 5 winners and a guest were treated to an amazing whirlwind tour which included:

A trip to New York City
where they enjoyed an exclusive behind-the-scenes look at Sony Music Studios and Coty's fragrance development for Celine Dion Parfums

A trip to Las Vegas
on a private jet, for plenty of plush pampering at one of the hottest spas in Vegas. They then saw Celine perform "A New Day..." at Caesars Palace and had an exclusive Backstage VIP meet-and-greet with Celine Dion

CELINE DION





BELOW: The Dream Team in Las Vegas with Celine Dion

THE WINNERS

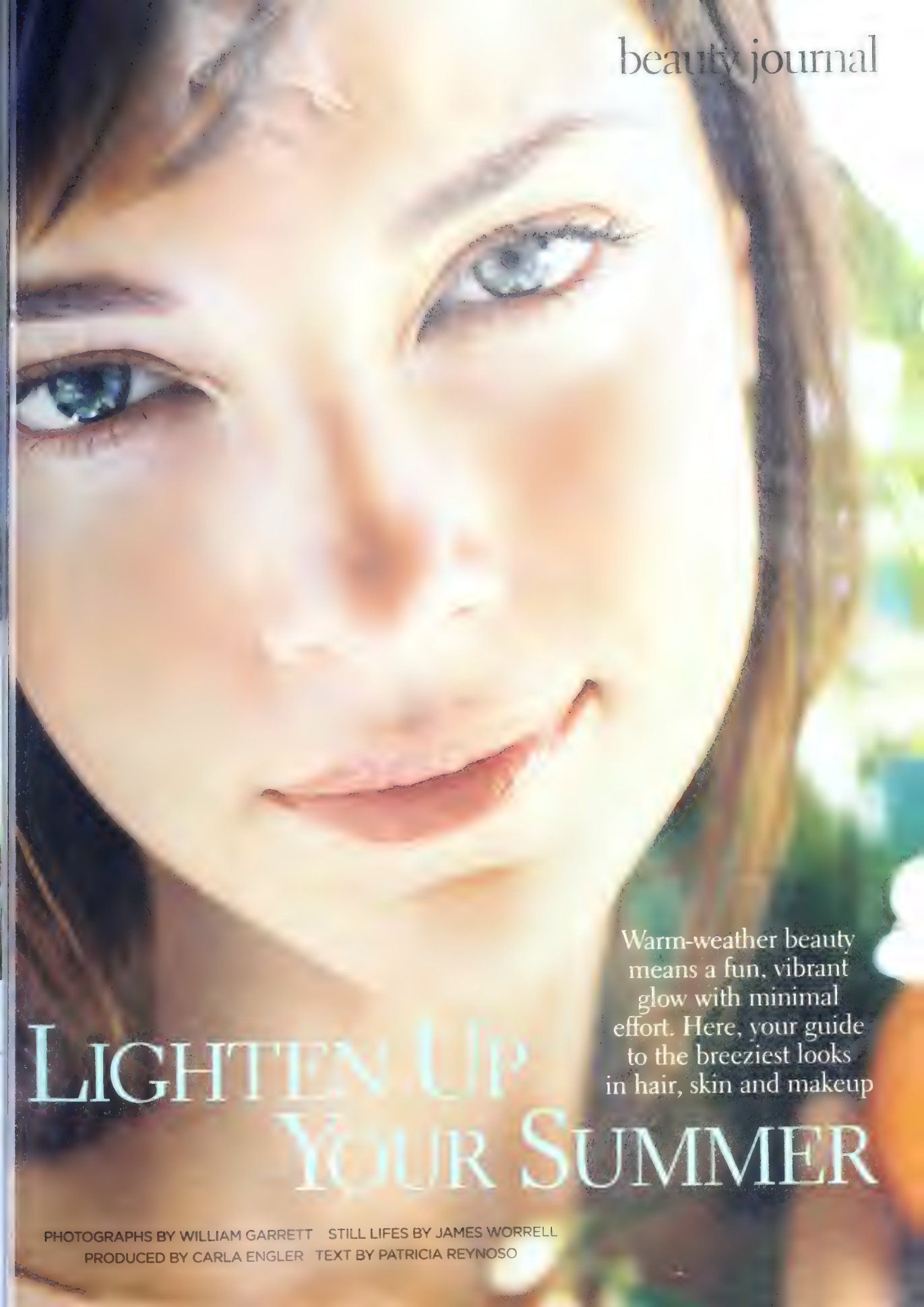
ANGELA, an intensive care nurse from Cedar Park, Texas, hopes to open a workshop for sick children.

TANIA from Germantown, Maryland, dreams of opening a Wellness Center for cancer patients.

ANGIE, from Huntington, Indiana, achieved one of her dreams, by losing over 100 pounds!

SHANA, a mother of five from Tooele, Utah, struggles with Systemic Lupus and strives to stay healthy enough to see her children grow into magnificent blossoms.

MICHELE, a cancer survivor from Grand Rapids, Michigan, is on the path to her goal, becoming a Pediatric Oncologist.



LIGHTEN UP YOUR SUMMER

Warm-weather beauty means a fun, vibrant glow with minimal effort. Here, your guide to the breeziest looks in hair, skin and makeup

PHOTOGRAPHS BY WILLIAM GARRETT STILL LIFES BY JAMES WORRELL
PRODUCED BY CARLA ENGLER TEXT BY PATRICIA REYNOSO





SUMMER LOVIN' HAIR

This summer, lose the multistep hair-care regimens and instead choose products that enhance your natural style. Great to try: Ralph by Ralph Lauren Saved By the Gel (1), $12.50, defines curls and has the same fruity scent as the signature fragrance. Run a bit through your wet hair and you'll end up with fragrant waves. Pavés Flawless It's a Wrap Repairing Defining Finish Cream (2), $5.99, gives dry hair sexy texture and shine. Alterna Caviar Shampoo with Age-Control Complex (3), $19, has sunscreen to keep locks protected and hydrated. Kusco-Murphy Beach Hair (4), $25, is slightly shimmery, and features coconut and crushed bamboo for a tousled effect. Matrix Curl.life Contouring Cream (5), $12.95, enhances ringlets while battling frizz.

The No. 1 rule of summer hair care: Work *with* your texture, not against it. "When it's so hot, the last thing you want to do is struggle with your hair in the bathroom for hours," says Richard Marin, stylist for Marcia Gay Harden and Brooke Shields and style consultant for John Frieda Brilliant Brunette. By applying one or two products designed to enhance what you already have, your hair will look its best—no sweat.

INCOMING WAVES! "Wavy hair is very trendy right now," says Zak Milligan, a stylist at Avon Salon & Spa in New York City. So pack away that flatiron and give your hair a much-needed break from constant straightening.

How to style: Look for texturizing creams for gentle shaping. "Just a dab of cream applied when hair is damp lets it air-dry nicely into piece-y waves," says Milligan. A sea-salt spray delivers an authentic back-from-the beach feel.

FRIZZ-FREE CURLS Save sleek blowouts for fall. Any extra moisture in the air will seep into your naturally curly do, returning ringlets to even the most perfectly straightened hair and even adding dreaded frizz—ugh!

How to style: "Naturally curly hair looks gorgeous when you don't fuss with it too much," says Milligan. A gel, curl-defining cream or anti-frizz serum will help ease the styling battle. Just scrunch it in and air-dry.

Psst . . . Few people know that straightening balm—intended to flatten hair—is the best way to quickly loosen curls and waves, resulting in minimal frizz and relaxed curls, says Marin.

Straight hair goes limp at the very first encounter with humidity. Help it along with easier-for-summer volumizing products.

How to style: "Stay away from sprays with alcohol, since they'll dry out hair even more in higher temperatures," says Marin. Or, twist your wet strands into a braid for a cute look that'll leave you with soft waves after you undo it.



FACE FORWARD

A summer-ready face relies on sheer textures and colorful palettes. Great to try: Agnes B. Touche de Soleil in Touch of Honey (1), $20, for a sunny glow. YSL Sweet Lip Marker in No. 2 Melon Granita (2), $24, is a sweet, summer-friendly shade that has incredible lasting power. Tony and Tina Everything Nice Eye Palette (3), $32, has a range of vibrant yet wearable colors. Hard Candy Lip Sorbet in Lime Kiss (4), $10, looks ultra-bright in the tube but leaves just a touch of color on the lips. Cargo Lip Gloss Duo in Twin Cities (5), $19, features both pink and peach shades. Benefit Georgia (6), $26, is a versatile peachy shade that works on every complexion. Clinique City Block Sheer Shimmer SPF 15 (7), $15.50, evens out your skin tone, adds radiance, and it also shields your skin from the sun.

Starting now, you can kiss off dark lips and heavily contoured eyeshadows. Instead, a glossy pucker and lightly shadowed eyes reign.

What to lose: Lipliners and cream-based lipsticks melt in the heat and sun and therefore require more touch-ups. Also, matte eyeshadows in dark shades such as charcoal and deep brown can look downright somber in the summer sun. And, not surprisingly, say so long to layers of foundation.

How to lighten up: Choose a lip stain, which is a long-wearing formula devoid of smeary waxes or oils. Although they can go from day to night without budging, they may feel dry to the touch, so slick on lip balm or gloss over the stain for extra shine. You can make your lips look fuller with highlighting shimmer. Charity Vance, founder of Luscious Cosmetics, advises dabbing white gloss in the center of the bottom lip for extra pizzazz. Also, lip glosses in fruity shades of apricot, peach and lime are a great option compared with traditional pastels, which can look dated against a tanned complexion.

As for eyes, "colored eyeshadows are very popular now, and their sheer quality makes them easy to wear," says Victoria Jackson, president of Lola Cosmetics in Los Angeles. Not only do these shades brighten eyes, but the textures are light and cool-feeling.

Psst . . . The secret to great summer eyes is to replace your traditional black mascara and eyeliner with a more delicate, yet equally flattering, combo of brown mascara and gold eyeliner. Your eyes will still pop, and they will have a flattering glimmer to boot.

A golden complexion is the epitome of summer, but instead of tanning, get the look with a bronzer. Start by choosing a shade that closely reflects your natural skin tone. Then, blend it all over your face, including your eyelids and neck, touching places that the sun naturally hits.


beauty journal





SKIN-SATIONAL

In the height of summer, an involved skin-care routine shouldn't rank high on your list of priorities, but that doesn't mean you should abandon your regimen altogether. In fact, the heat creates its own set of issues, from breakouts to a perpetually greasy complexion, making this a crucial time to stick to a program.

What to lose: For the hottest months, ease up on potentially harsh anti-aging products, such as retinol and alpha-hydroxy acids. While these ingredients deliver real benefits, the glare of the summer sun can make your face extra-sensitive, resulting in irritated skin.

How to lighten up: Simplify, simplify, simplify! Choose an oil-free moisturizer that also contains sun protection. Although SPF 15 can be found in many moisturizers and foundations, you're not entirely protected against the sun for the whole day without frequent touch-ups. A better bet is to top your protective moisturizer with a traditional sunblock.

On the other end of the skin spectrum are breakouts, even for women with typically well-behaved skin. The culprit, says New York City–based dermatologist Doris Day, M.D., is sweat, which gets mixed with sebaceous oil from the oil glands; this combination can potentially clog your pores. The solution—aside from locking yourself up in an air-conditioned room until Labor Day—is to gently exfoliate with a facial scrub at least twice a week and to be diligent about cleansing. If you use face powders, then look for one with a built-in SPF, or carry blotting sheets with you while you're on the go.

Psst . . . If you can't bear to part with your favorite foundation, the pros suggest mixing it with a dab of oil-free moisturizer, such as Nivea Visage All Around Protection Lotion SPF 15 ($8.99). You'll get coverage that's light as air, but still flawless.

Summer skin care means sticking to the basics and keeping sweat-induced breakouts at bay. Great to try: NARS Aqua Gel Hydrator (1), $70, is a light, oil-free moisturizer. Neutrogena Healthy Skin Radiance Exfoliating Wash—part of the Neutrogena Healthy Skin Radiance System—(2), $27.99, helps gives your skin a clean sweep. Laura Mercier Hydra Soothing Gel Mask (3), $30, can cool sunburned skin. Lumene Energy Cocktail Pampering Drops (4), $17.99, are chock-full of skin-repairing vitamins. Molton Brown Breakout Correcting Gel (5), $20, targets blemishes. Sally Hansen Maximum Growth Cuticle Pen (6), $5.95, is a summer manicure must.

For more summer beauty looks, visit: www.lhj.com/bf

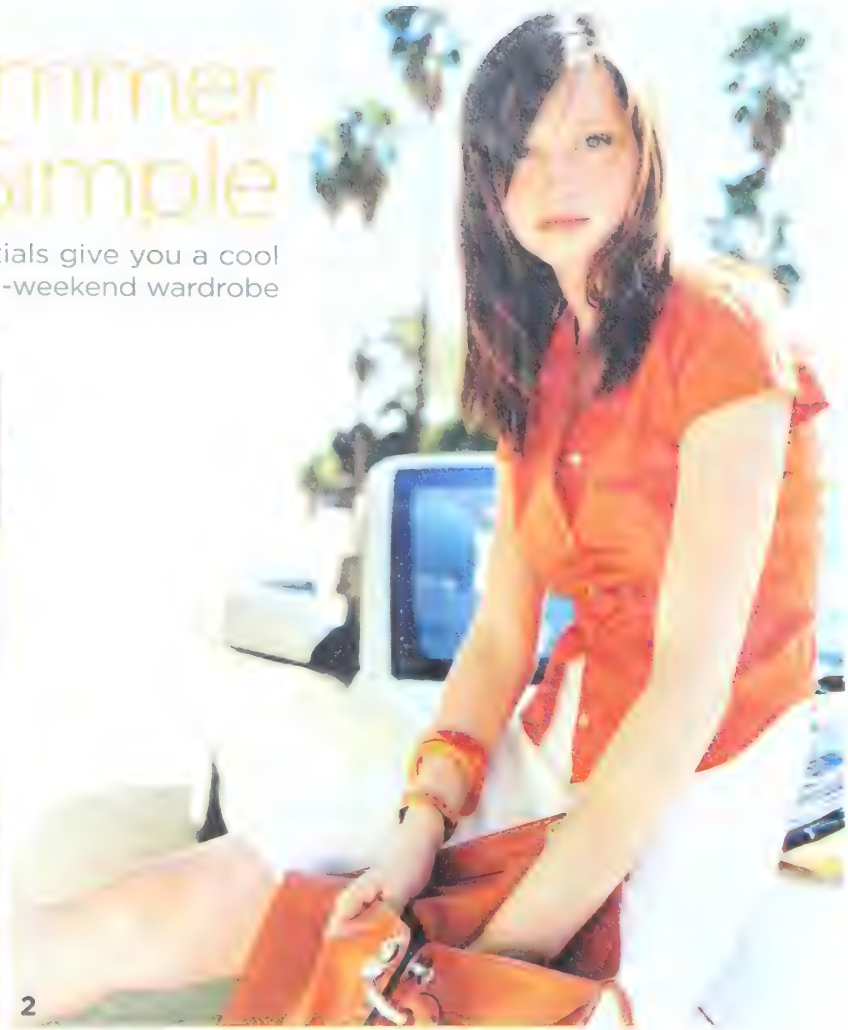

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Summer Made Simple

This season's updated essentials give you a cool and pulled-together work-to-weekend wardrobe



1



2



3

1 Summer white goes long and lean in a crisp linen double-breasted blazer and slim pants. Add a little Kate Hepburn–style with pale blue-and-white sneakers, or for a more refined look, add a pair of high-heel strappy sandals. Blazer, Banana Republic, $198. Pants, Joseph, $225. Sneakers, Adidas at Zappos.com, $80. Bag, Maxx New York, $88. **2** The 1950s silhouette is chic again and flatters any figure. Case in point: This fuller A-line skirt and bold orange short-sleeve shirt will complement your shape and stop traffic to boot. For some extra pop, add an oversize satchel, leather watch and skinny bangles. Shirt, Lacoste, $85. Skirt, To The Max! $46. Watch, Splash at Yvette Fry, $100. Bangles, Bellissima at Supplements NY, $23. Bag, BCBG. **3** Lift your spirits with these fun, citrus-hued jean jackets—the perfect throw-on for a day of play or a casual lunch. Left: Jacket, L.L.Bean, $44. Tank, Lilla P, $33. Pants, Poleci, $166. Sunglasses, Ray-Ban, $100. Right: Jacket, Tommy Jeans, $69. Tank, Sisley, $18. Skirt, Banana Republic, $58.

CONTINUED





1 2



3

1 Dark chocolate plus white equals instant office chic. Left: Camisole sweater, Banana Republic, $54. Bracelet, Bellissima at Supplements NY, $20. Sunglasses, Liz Claiborne, $32. Right: Sleeveless jacket, $160, draped skirt, $125, both Calvin Klein. **2** Investing in a good, lightweight trench to top off your stay-cool separates? Opt for an unexpected champagne color with a luxurious satin finish. Trench coat, $295, skirt, $115, both Calvin Klein. Tank, cK Jeans, $29. Sandals, Lands' End, $69. Clutch, Kale. **3** A bomber is summer's newest take on the short jacket, and this one, in rich brown with a slight sheen, will instantly update your work or casual look. Jacket, $165, camisole, $100, pants, $95, all Calvin Klein. Sunglasses, Polo Sport. Watch, Fossil, $65. A modern optical-print top will have you ready for weekend fun; add a jacket and it's sophisticated and ready to hit the office. Top, Banana Republic, $48. Jacket, Nautica Jeans Company, $79. Skirt, Ann [illegible]r, $89. Sunglasses, Giorgio Armani. Watch, DKNY Time, $85.

Tone up and look great in your summer clothes! Don't miss our animated exercises at: www.lhj.com/howtovideos



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Daddy-Oh!

MOVE YOUR MAN TO THE HEAD OF THE PACK IN SUMMER'S BEST CASUAL LOOKS THAT GO WAY BEYOND A T-SHIRT AND JEANS

PHOTOGRAPHS BY WILLIAM GARRETT
PRODUCED BY CARLA ENGLER



PPOSITE PAGE: This loose, ghtweight Cuban-inspired hirt is the very essence of ot-weather cool. Have him air it with classic navy otton chinos for a look aded with personal style. hirt, Banana Republic, 49.50. Pants, Sisley, $78. at, Worth & Worth. Watch, KNY Time, $95. **GROOMING INT FOR HIM:** His face will tay hydrated with Biotherm lomme Aquapower Ultra loisturizing Oligo-Thermal are ($26), with plankton for xtra moisture. THIS PAGE: Nothing says casual better than a navy, vertically pleated shirt and crisp, clean white trousers. Simple accessories, such as these black leather thong sandals, are the perfect finishing touch. On him Shirt, Banana Republic, $78. Pants, Mexx, $79. Watch, Timex, $50. Sandals, Aldo, $79.99. On her: Dress, Tommy Jeans, $59. Sandals, Via Spiga, $155. **BEAUTY HINT FOR HER:** Skin looks radiant and feels silky-smooth with L'Occitane Protective Body Oil SPF 12 ($27).





OPPOSITE PAGE: Left: Bold citrus checks and a gingham collar lining make this shirt a standout. Shirt, Tommy Hilfiger, $59.50. Pants, Kenneth Cole, $89. On her: Let him shine by staying chic yet minimalist yourself. Black linen sundress, Sisley, $68. Right: Head-to-toe color is big news, and keeping the mix tone-on-tone, as we did with this marigold polo, burnt orange tee and persimmon-red pants, adds subtlety and sophistication. Polo, Lacoste, $69. T-shirt, L.L.Bean, $12. Pants, Nautica Jeans, $59.50. Watch, Timex, $50. THIS PAGE: Right: He'll bring a punch of color to the party in this lively Hawaiian shirt in a smaller-scale print. Shirt, Tommy Hilfiger, $55. Pants, cK Jeans, $69.50. Sandals, Aldo, $79.99. Watch, DKNY Time, $95. Left: He'll play it cool in an orange cotton zip sweater and navy cargo shorts. Sweater, Nautica Jeans Company, $59.50. Shorts, DKNY Jeans, $59.50. **GROOMING HINT FOR HIM:** Redken for Men Get Groomed Finishing Cream ($10.95) will leave his hair soft and smooth while providing light hold.



THIS PAGE: Who says you can't wear a jacket with shorts? Summer casual doesn't mean unsophisticated or sloppy. This beige linen blazer looks smart over a bold paisley-print shirt and knee-length dressy shorts—perfect for almost any daytime function. Shirt, Tommy Hilfiger, $59.50. Blazer, Banana Republic, $250. Shorts, Nautica Jeans Company, $39.50. Watch, Fossil, $65. **GROOMING HINT FOR HIM:** He'll smell irresistible wearing Aramis Life Eau de Toilette ($39.50), a crisp blend of bergamot, cucumber and olive wood. OPPOSITE PAGE: Up-to-the-minute style will be his watchword with bold geometric prints, whether checks, stripes or diagonals. Paired with pants or shorts and hip retro-style sneakers, these punchy dress shirts are party-smart. Left: Shirt, Tommy Hilfiger, $59.50. Pants, cK Jeans, $69.50. Sneakers, Converse, $40. Middle: T-shirt, $14.50, shirt, $42.50, both Gap Shorts, Nautica Jeans, $39.50. Right: Shirt, $69.50, shorts, $49.50, both Tommy Hilfiger

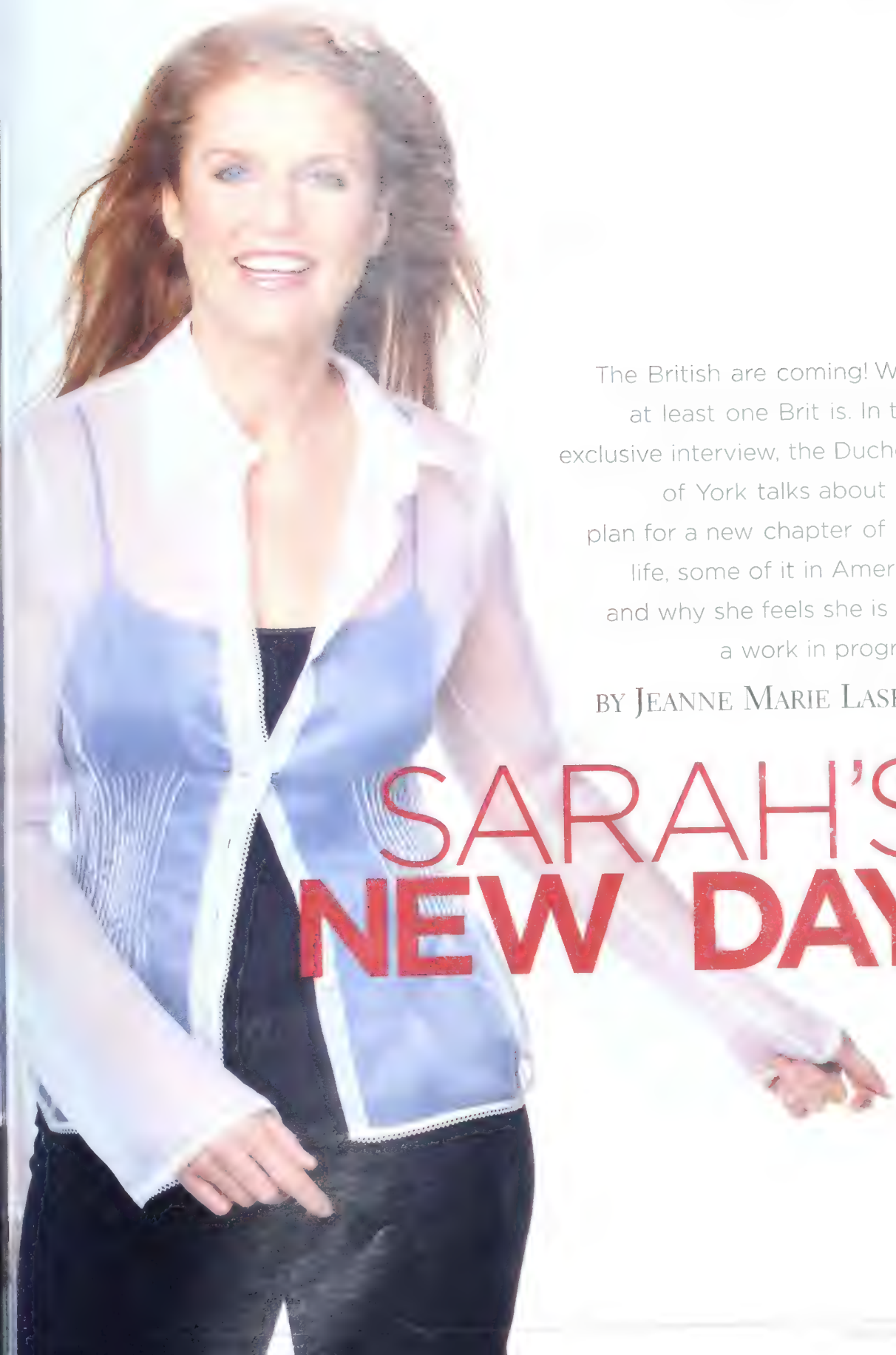
Looking for more menswear advice? Ask the fashion editor at: www.lhj.com/askfashion



What better setting from which to draw men's summer style inspiration than that bastion of Rat-Pack revelry, the vacation home of Frank Sinatra in Palm Springs, California? We photographed this story at Twin Palms, the one-time home of Old Blue Eyes, who stayed here first with Nancy Sinatra, then with Ava Gardner. And as Sinatra was known to do back in the day, we asked some very well-dressed friends to come on over for cocktails and a barbecue, and a dip in the pool (it's shaped like a baby grand piano).



PHOTOGRAPHS BY TIMOTHY WHITE



The British are coming! Well, at least one Brit is. In this exclusive interview, the Duchess of York talks about her plan for a new chapter of her life, some of it in America, and why she feels she is still a work in progress

BY JEANNE MARIE LASKAS

SARAH'S NEW DAY

rapher,
t summer's
n, a favorite
vacation spot for them



The duchess is posing. [illegible] glamorous in tight black pants and a billowing white blouse, and she seems to know exactly what the camera wants here in this New York City photo studio. After each click of the camera, Sarah Ferguson assumes a new expression: an innocent smile, a naughty smirk, a demure gaze. A floor fan blows her signature red hair, and someone turns the music up, and soon she's dancing happily to "Shake Your Booty."

"I have so much to tell you!" she says, breathless between wardrobe changes. "You won't believe it!"

Waiting for our chance to sit down and chat, I wonder what her big news could be. Maybe it's about one of her charities, Children in Crisis, which she founded in 1993, or the U.S.–based Chances for Children. Through her *Little Red* dolls and these charities, the duchess has raised millions for needy children throughout the world. Yet, from her buoyant mood, I suspect her news is more personal. Divorced since 1996 from Prince Andrew–the man she calls her best friend–maybe she has a new love. I wonder if her daughters, Princess Beatrice, 15, and Princess Eugenie, 14, are in on this. Sarah Ferguson may be 44, but today she is so full of excitement she could pass for a teenager herself.

Q: So, tell me your news!

A: Okay. You ready? I've decided that it's time to come and spend some time in the United States of America. So, I'm hoping to be doing that by summer. I'll still remain a British citizen, but I'm going to be spending more time over here.

Q: In New York?

A: Yes. I would like to rent a place in the country–I don't like to be in the city. I like the green grass. I like to open the windows and smell fresh air. Just a little two-bedroom house with a long drive, a log fireplace, and a pine table in the kitchen.

Q: How did you decide on this?

A: I got to a point where I just said, "Am I really being honest with me?" I'm living, really, in an old life. Now it will be the closing of a chapter. First there was the chapter about my getting married and becoming a member of the royal family–a lovely chapter–and then there was the big, huge black hole of adversity. I'm divorced now, and it's time to close that chapter and move on to a fresh one.

Q: So this is a big change?

A: A huge change. My coming to stay in America for a few months is like my blossoming into my true Sarah, into my true self. And I'm just coming to learn about her myself.

Q: Beatrice and Eugenie are now both in boarding school. How has that changed things for you?

A: Before this, I'd only work away from home for a week at a time. Now, I can consider opportunites that can keep me away for more prolonged periods. In fact, I'm now in development talks with U.S. TV and radio companies.

Q: What do your girls think of that?

A: Oh, they're so proud. They wanted me to come here. They want me to succeed. They want me to do my own radio and TV shows. They want me now, to be Sarah. They get angry when they think I'm being weak.

Q: Those are some strong children!

A: Yes. Beatrice wants me to stand up for what she knows I can achieve. She knows when I'm truly happy. In a way, I decided to give my life to my children, until they were at the age when I felt it was right to move on.

Q: And how are the girls otherwise?

A: Eugenie is hip-hop and a bit naughty. She CONTINUED ON PAGE 12

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[illegible] nt. Beatrice [illegible] Eugenie doesn't. [illegible] as life as it is for all girls' [illegible] Eugenie's at a coed school. [illegible] Eugenie will be an actress [illegible] on Eugenie one day. They are both wonderful people.

Q: Is raising teenagers a challenge?

A: You know, when you see teenagers rushing upstairs and slamming the door, they're not just getting at Mum. They don't know what to say. We think teenagers are being tricky and obnoxious, and they're not. They're just trying to express themselves in an adult way, which they haven't learned to do yet.

Q: You seem so confident and at ease with yourself.

A: I'm probably the most insecure, oversensitive person you'll meet.

Q: That's hard to believe.

A: I know. No one believes it. The old me worked so hard, pretending everything was fine. "What? Me hurting? No, life's too grand!" I was always bouncing about, pleasing everyone. That's why joining and working with Weight Watchers was so crucial. They saved me. Literally. Food, basically, was killing me.

Q: Did conquering your weight problem change your self-image?

A: Heavens. Even today, with this wonderful cover shoot, I have no idea if I look good. I'll walk away from you going, "Oh, maybe I looked fat." I can't understand that I'm doing well, or that I look good—[illegible] things were demolished in me. I demolished them. I was a worthless, hopeless person who made my mother and father divorce.

[*Sarah's parents divorced in 1974 after her mother fell in love with another man and moved to be with him in Argentina.*]

Q: Your mother left when you were 12. You blamed yourself for this?

A: Yeah. No one would ever know that I felt that. My worthlessness was my secret. Can you imagine living with such agony for so long?

"MY MOTHER WAS LIKE A SHINING STAR, A LITTLE TONIC YOU MIGHT DRINK IN THE MORNING TO FEEL BETTER"

Q: Tell me about your mom.

A: When I remember her from naught to 12, she was like a shining star, a little tonic you might drink in the morning to feel better. She made magic. She had humor, vivacity and an effervescent personality. We rode ponies, we skied, we laughed, we just were engulfed by her. Then, she left. She just . . . left. The light went out. It was literally as if I extinguished Sarah. I ate her away; I suffocated her into food. To think about the little girl in pain now, I can't imagine that I'm still alive. Imagine if I'd attached onto drugs or alcohol instead. . . .

Q: Your mother died in a car crash in 1998. Have you forgiven her for your painful adolescence?

A: I forgive Mum because she was a child herself. In some ways I'm very like her, really—a grown-up with the heart of a child. But my mom was brought up by her mother to never express emotions. So, she in turn brought me up to be like that.

Q: Are you a different sort of mom?

A: Absolutely. I've broken a pattern. I know when to be their mother, when to be their friend. And sometimes I'll cry and be vulnerable. Show weakness—because in weakness, you're truly strong.

Q: What would Princess Diana think of you today if she were here?

A: We'd be inseparable, joined at the hip, like always. We went through our sibling rivalry, as sisters do. But we both were going back to the heart we had for each other.

Q: We understand you stopped wearing your wedding ring last fall. Are you dating in earnest? Any stars you want to marry?

A: No! First of all, you can't do better than a prince, can you? You know, I've merrily gone around saying I'd love to have a boyfriend. I think, now that I've allowed myself to *be* myself, that will attract the right man.

Q: So you're open?

A: Yes, very much so. I would like a partner, someone in my life, but if I haven't, then I'll have to accept it. Acceptance is not a weakness, it's a strength. I loosened the knuckles on the steering wheel. I actually was driving along and realized, Give up Sarah. Hand it over. People call it God, light, universe. I say that God's standing there with a cashmere wrap and he's embracing me. So why would I fight the arms of God? So go into it and be held.

Q: Would you say you're in the happiest time of your life?

A: Without question. I'm so glad I've got Sarah. I could've gone sailing on for another 20 years without knowing her. And I'm excited. I have no idea what's going to happen tomorrow. I'm a work in progress. Every day is a different canvas. I think that's the magic of life.

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by [illegible]

[illegible] like Sela Ward [illegible]? There you [illegible] ing into your ice cream over something your teenager did or didn't do, or something the man in your life said or didn't say, and you turned on the TV . . . and there she was. As Lily *(Once and Again)* or Teddy *(Sisters)*, she was there, a lifeline, a friendly shoulder to lean on, feeling your pain.

Thank heavens, she's back. This time she's on the big screen, saving lives in a special-effects thriller, playing Dr. Lucy Hall in *The Day After Tomorrow*, opening May 28. The apocalyptic action flick shows New York City streets and landmarks being engulfed by floods, and is surely the most operatic warning about global warming to date. Dennis Quaid, playing her ex-husband, and Jake Gyllenhaal, playing her son, join Ward, 47, in the film's fight against wild weather. In real life, she and her husband live in the calmer climate of California with their two kids, Austin, 10, and Annabella, 6.

Q: Mother Nature never looked as frightening as she looks in this movie.

A: Yes, it's scary because it's based on reality, rather than something that's pure sci-fi. The details are possible: The Antarctic Ice Shelf breaks up because of global warming, which starts a chain reaction on the entire climate system. I think it will make everyone pause and say, "Wow, I'm so happy it was just a movie!" And then, "Okay, what are we going to do to protect the planet?"

Q: How do you like working in movies versus television?

A: I'm enjoying these more finite projects that are done in four months. Then I go back to having time with my family. When my son was 5, he said, "Mom, scribble all over your contract and tell them you can't work anymore because you don't get to spend enough time with me." That's all I needed. I loved *Once and Again*, but my children were just too young. I keep in touch with Billy Campbell (who played her husband, Rick Sammler); he comes over for barbecues.

Q: You've had amazing co-stars! Tell me about your real husband, Howard Sherman.

A: We've been married 12 years. He's so bright—and I love smart men. He has this dry wit. He makes me laugh every day. From the start, he was interested in what I thought and felt—there are very few men who are not totally focused on themselves, who really care about the woman in front of them and want to hear what she has to say. That's what hooked me.

Emmy Award winner Sela Ward weathers some scary storms in this summer's sci-fi global-warming thriller *The Day After Tomorrow*

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SPECIAL REPORT

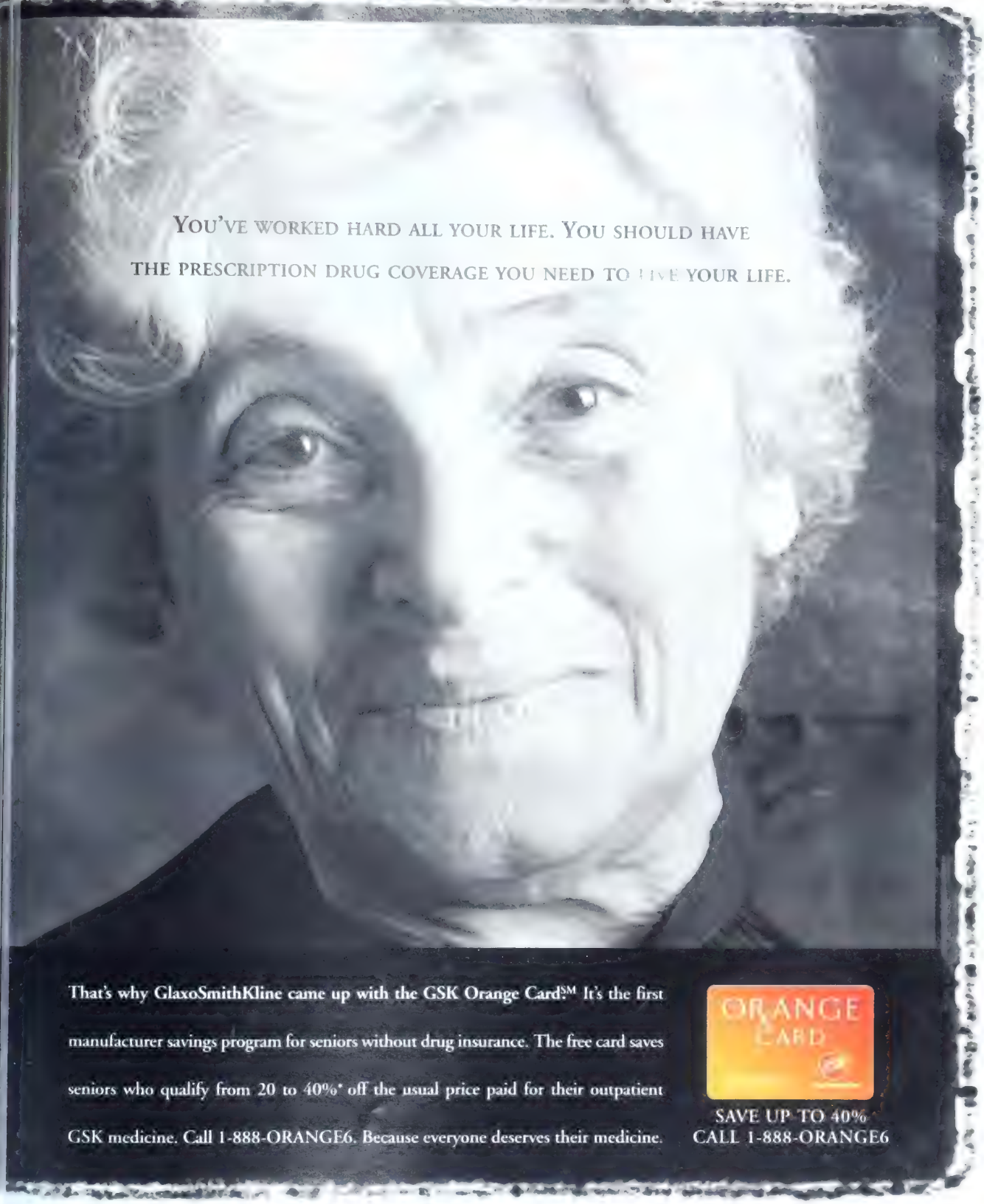
The Stressed-out American Family

PART FOUR

More and more kids—from tots to teens—are overworked and overscheduled, and they're cracking under the pressure in ways that you may not recognize

BY PATRICK J. KIGER

Karen & Matt Mitgrund often think back fondly on their own childhoods—full of bike-riding, ball games with the neighboring kids, carefree summers spent outdoors—and wish their own children's lives could be so stress free. "We've just got so much more on our plates," says Karen, 45, a scientist with the Environmental Protection Agency (EPA). "I don't remember ever being under as much pressure." Her son Cole, 16, has so many school assignments to juggle—in addition to year-round workouts for the football team—that he needs a handheld computer to keep track of them all. Sophia, 13, hits the books for up to four hours a night when she isn't pursuing soccer, track or karate, or practicing the saxophone. Skyler, 9, spends his days commuting to and from sports practice and his nights grappling with math homework. Even 2-year-old Saori can't avoid life's pressures altogether; she spends several days a week at preschool, where she has to adjust to different caregivers and learn to get along with a group of fellow toddlers. CONTINUED



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I [illegible] their [illegible] doing well in [illegible] really concerned [illegible] living from burnout," [illegible] who works as an EPA regulator. "And I don't want them to miss out on us spending time together as a family." Karen worries that her children's lifestyle [illegible] too little room for imagination and curiosity, let alone fun. "When we were kids, we'd pick up a rock and wonder why it looked the way it did," she says. "Nobody has the time to do that now—unless they're in geology camp."

The Mitguards's dilemma is pretty much the American norm, just as parents everywhere are realizing that stress has become a major risk for our nation's children. Today's adolescents and teens are overtaxed and overburdened to a degree that was once seen only in child psychiatric patients, according to a 2000 analysis of research spanning five decades by Jean Twenge, Ph.D., a psychology professor at San Diego State University. In a 1999 poll of 724 adolescents, ages 9 to 12, by Georgia Witkin, Ph.D., director of The Stress Program at Mount Sinai School of Medicine in New York City, close to one-third said they "worried a lot" about school, family and world events, and nearly half had trouble sleeping due to stress.

Now, a certain amount of stress can [illegible] good thing. The occasional surge [illegible] adrenaline, the chemicals the body produces in response to stress, can give kids an extra push to master physical challenges and new skills. But living in a constant state of tension is a major health problem. The Surgeon General has reported that 13 percent of children suffer from stress-related anxiety disorders. Those numbers may be just the tip of a vastly underreported iceberg, say experts, who believe that stress contributes to such physical problems as irritable bowel syndrome, asthma and more. And there's speculation that chronic exposure can cause changes that impair the brain's prefrontal cortex, which summons memories and controls behavior; the result, says Dr. Twenge, may be a lifetime predisposition toward anxiety and depression. The threat is so serious that some experts want to see stress-management programs, already offered in some schools, taught from elementary through high school. But they also emphasize that the only real solution may be for parents to make major changes in their kids' lifestyles—and their own.

Living in a constant state of stress may turn our children into anxious, depressed adults

Why are our children more stressed out than previous generations? Part of the reason is that they're coming of age in a world that has grown increasingly dangerous. "I have kids coming into my office who've watched, over and over again, those planes hit the World Trade Center, and those astronauts getting blown up on the space shuttle," says Edward Christophersen, Ph.D., a clinical psychologist at Children's Mercy Hospital in Kansas City, Missouri. "It's important for kids to know about wars and terrorism and disasters, but there isn't any value to bombarding them with these images." Indeed, a study by University of Oklahoma Health Sciences Center psychiatrist Betty Pfefferbaum, M.D., of 3,200 high-school students in the wake of the 1995 Oklahoma City bombing found a direct correlation between the amount of post-traumatic stress the teens experienced and the amount of TV news coverage they had watched.

America's children, however, are also victims of a contemporary culture where there's too much artificial stimulation and too little interaction with parents and siblings, and where adults force kids into a 24/7 lifestyle that precludes any rest or relaxation. While kids often turn to electronic diversions to help them de-stress, playing frenetic computer games and watching action movies end up overstimulating them even more, an effect that's amplified because they are usually solitary pursuits. "Unless kids are in an organized or family activity, they're doing these things alone," says Dr. Witkin. "The human connectedness that used to mediate stress isn't there anymore."

Parents who themselves are running on empty only worsen the problem. "They don't get to spend as much time with their kids, and when they do, the kids never get to see their parents relax," says Dr. Witkin. "The result is that children don't have good role models for de-stressing." What's more, overloaded moms and dads are also prone to arguing, which can have a deleterious effect on the kids. A 1994 study at Auburn University, in Alabama, found that children whose parents CONTINUED

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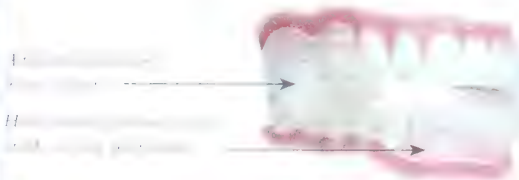


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argued [illegible] ...reased higher [illegible] ...ted arguments [illegible]

...ldren, the pressure starts [illegible] might imagine. Many [illegible] are likelier these days to have baby-sitters, find it stressful to cope with different caretakers. Once children start day care or preschool, "they're continually having to adjust to different adults, and their different rules and expectations," says Mary McMullen, Ph.D., associate professor of early childhood education at Indiana University in Bloomington. "But they have a limited ability at that age to express what they need, and not all of the adults know them well enough to read their verbal and behavioral clues. The result is that kids become anxious and frustrated." Second, toddlers are often overstimulated or frustrated by well-intentioned parents who want to teach them as much as possible. "We're making them listen to Mozart and trying to turn them into geniuses," says Dr. McMullen. "But they can't handle it."

The stress is even greater in grade school, where the pressure to perform well academically is greater than ever, in part because of government-mandated standardized testing. Various studies suggest that at least a quarter of all children suffer from test-related anxiety serious enough to make them physically sick. The afternoon bell doesn't provide much of a respite, since the amount of homework done by 6- to 9-year-olds has more than doubled since 1981, according to University of Michigan researchers. What's more, studying has to be squeezed in with after-school activities and sports, which are themselves becoming more competitive and demanding. There was a time when kids played basketball or hockey for a few months a year, and many youthful athletes were stars in several sports; today, children concentrate year-round on a single sport and spend hours in the off-season working out in the weight room, at-



ending camps and playing in summer leagues. So it's little wonder that a study published in the *Journal of Sport Behavior* in 2002 reported that by 10th grade, more than 90 percent of high-school sophomores had dropped out of an organized sport they'd started.

By the teen years, 43 percent of 13- to 14-year-olds say they feel stressed every single day; by ages 15 to 17, the number rises to 59 percent, according to a 2003 survey conducted by Liberty Mutual and Students Against Destructive Decisions/Drunk Driving. Teens have to cope with all sorts of new challenges, such as puberty, driving and after-school jobs, but most of them—83 percent—say they're stressed about homework and the pressure to excel, 67 percent are then relationships with parents, and 54 percent feel anxiety about their appearance and weight.

The warning signs that your child might be cracking under all the pressure vary with age. Infants may resist eating, toddlers may have intense temper tantrums, and kindergarten and grade-school kids develop insomnia. There are other physical consequences: Based on research at Mount Sinai, Dr. Witkin blames stress for the earlier onset of headaches among children, some as young as 3. A 2000 study of pediatric asthma patients in Finland, published in the medical journal *The Lancet*, found that children were more likely to suffer asthma attacks in the wake of stressful events. And children who showed greater sensitivity to stress developed respiratory ailments when under pressure more often than did kids who were more emotionally resilient, according to a 1995 study at the University of California at San Francisco. Research also suggests that stress, which causes the body to produce chemicals that lead to cravings for sugar and fat, can exacerbate diabetes and put children at greater risk for becoming overweight. The percentage of overweight American children has risen from 5 to 15 percent in the past three decades, CONTINUED

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SPECIAL REPORT

and health experts suspect it's more than a coincidence that kids have become more stressed during the same time.

In high school, the challenges are even more daunting. A 2000 National Institutes of Health/National Institute on Alcohol Abuse and Alcoholism study suggests that kids with stress-induced high cortisol levels are likelier to abuse liquor when they get older. Beyond those behaviors is the most frightening extreme of all: suicide. According to a 2001 Department of Health and Human Services report, the suicide rate among teenagers has increased 30 percent since 1970. But we may not see the worst consequences until the future: a 2003 study of 649 college students by sociologists Heather Turner and Melissa Butler at the University of New Hampshire found that childhood stress was a significant factor in young-adult depression, and other research has confirmed the link. Sharon Post, a family therapist in San Jose, California, worries that today's stressed-out kids will turn into a generation of emotionally damaged adults. Kids who've grown up being pressured to overachieve grow into confused, alienated young adults, says Post. "Their sense of worth will come from what they do, rather than who they are. They won't know who they really are."

Fortunately, there is help for our kids—if we know where to look. Linda Balog, Ph.D., executive direc-

Help Your Kids Lighten Their Load

Experts say there's plenty that parents can do to help their kids dial down the stress. Here are some steps you can take right now.

1. Don't force-feed stimulation. Overloading toddlers and preschoolers with structured learning won't make them

Iana Unive
-education professor N
nd engage
them in spontaneous activities,
or going

2. Watch out for teen overload.

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3. Manage your own stress. In order to be a good role model for your children, says parent
ator Yvonne Gustafson, set aside a few minutes after coming home from work to decompress before interacting with your kids—even if it means pulling over a block from the house and sitting

4. Use exercise to avoid meltdowns. A regular family walk before or after dinner not only
ces tens.on, but also gives
and parents time to talk
t their day, says Gustafson.

5. Emphasize togetherness.
-tting your kids play video games or surf the Internet alone in their rooms, coax them
playing a game or make some popcorn and watch a movie together, suggests psychologist Edward Christophersen. Isolation is a key source of stress. —*P.J.K.*

or of the Child and Adolescent Stress Management Institute at the State University of New York College at Brockport, has developed stress management programs that can be taught to children of all ages. She starts with breathing techniques that help relax muscles and release tension, then suggests a few remedies. "Exercise is one of the best—as long as the goal is to have fun and provide a healthy outlet for all that adrenaline," she says. "We also encourage kids to discuss the importance of making time to relax. It's surprising how many of them don't allow themselves that because of all the pressure from parents, teachers or within."

But experts also say it's crucial for parents to change the whole family's lifestyle. When Dr. Witkin separately surveyed children and parents about the causes of kids' stress, she got very different sets of responses. Parents said the biggest culprit was too many activities and pressure to get good grades; in contrast, children said their real problem was their parents' stress and how it was passed on to them. "The kids are hearing, 'What do you mean, you don't feel like going to soccer today? I paid the money for you to register and rushed home from work to drive you there,'" she says. "Meanwhile, the parents don't have any time for themselves and their own needs—or just to enjoy what time they do have with their kids. And that trickles down."

Yvonne Gustafson, Ph.D., a parent educator for Riverside Methodist Hospital in Columbus, Ohio, urges moms and dads to start helping their kids by working on their own de-stressing routine, such as listening to quiet music or simply enjoying silence on the drive home from work, so they'll be better equipped to put the day's worries aside when they greet their children. They can develop rituals that help the whole family relax during evenings and weekends, whether it's a group walk with the dog before dinner, playing a board game together or reserving time to talk to one another. "You can help your kids by giving yourself time to see who they are," says Sharon Post. "If they're not involved in every available activity, that's okay. It's more important for you just to be with them."

The Mitguards have taken that sort of wisdom to heart. Matt says they've reinstituted family dinner, where he, Karen and the kids each get time to talk about their days. He and his wife also reserve after-dinner time for the kids, whether it's reading to young Saori or helping Cole tackle science homework. The children have also taken a cue from their parents and now make priority lists to help them manage their time. They're so aware of the need to de-stress that Sophia chose it as the topic of her seventh-grade science fair project by creating a survey to measure and compare the various stressors in her classmates' lives. She even asked her coach if she could skip an off-season soccer workout so she could have time to relax. "It was a sign she was learning to take care of herself, to balance her commitments and her own needs," says Karen. "That's what we want all our kids to do."

Next month: Do we expect happiness on demand?

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Control



Organization expert Kathy Peel (left) helps Robin MacKenzie create storage for her kids' games in the family room

R ward ons of her busy family—piles of her husband's papers from work, an avalanche of bills, a stack of kids' artwork, a brood of Beanie Babies and a laptop computer.

The table, alas, is a microcosm of the rest e family's Poughkeepsie, New York. "This clutter ses me to the Kathy Peel, home-organization expert, founder of Fa Manager, and a member of *Ladies' Home Journal*'s Stress SWAT Team charged with the task of bring ng down the MacKenz es' stress levels. "This is normal," Peel assures Robin—*especially* in a home with two working parents and six kids. Still, Peel points out that when it's hard to find important papers e they're buried under a jumbled mess, stress levels so parents and kids alike e stress

Tackle family space: To ge on board, start room everyone uses, advises Peel. In the MacKenzies' case, it's the fan the children gather to play piano and games.

Keep often-used items handy: The MacKenzies had been using the large buffet in the room to store liquor, which Robin Leigh rarely touch. Pee ed the bottles the k tchen, then re-filled the cabinet with board games.

Label shelves: Pee tagged labels—board games, cards, puzzles and craft supp es—on the shelves to keep things from ge scramb ed. "We want the kids just there," she says.

Set up a control center: Peel set up a cardboard s—one for each the family's e kids can put school papers, ma

Color-code schedules: Peel a e-clean calenc the mudroom fo k ds to track the r ts and other commitments (one color marker per as a board for schedu es and

Make space for memorabilia: For art eport t often te on tables bedroom closet. "One day you'll dea Robin. Pee also drawer in photos until she gets them

Make it fun: V her closet. Pee Kat Christopher, Co nd Keavy to see who the Mary Chapin Carpenter song. (Katlyn took home the grand

Pick up the pace: Peel used another technique to get the kids hooked on organizing—pitting against a kitchen timer. Christopher, 14, had been reluctant to months, but filled a trash bag in four minutes flat when Peel timed him on it. Peel ted a seven- y night: As the in garbage ta ners, and their toys and anything else into their proper places, so the MacKenzies' zed home can stay that way. turn should help keep stress at bay.

—Alison Stein Wellner

How do the MacKenzies and other American families cope with stress? Find out at: www.lhj.com/stress

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Date Night With Daddy

When their twin boys were born, Peter and Laurie Duerst didn't want their older girls to feel neglected. So Dad took some time each week to take his favorite ladies out on the town



Hannah, 7 (left), and Erica, 9, get close to Daddy Peter Duerst

Our older daughters, Erica, was 4 years old, and our younger, Hannah, was just 2 when my wife, Laurie, and I were blessed with twin boys, Jack and Nicholas. That's when life as we knew it changed forever. What had once been a normally busy existence suddenly became beyond hectic—we were a family with four children under the age of 5! In addition, because the twins were born two months premature, they were on heart monitors and needed special care. Since Laurie had to devote herself fully to the boys, it was important in those first few weeks that Erica and Hannah also get some undivided attention. They both needed to be reassured they still had a special place in our family.

So I suggested that every week just Daddy and the girls have a "date." Whether it was going out for dinner, shopping or taking a bike ride, the girls so looked forward to our outings, and would take their time choosing their outfits, doing their hair and deciding what to bring along. Even though it was a weekly event, for the three of us, it was always a special occasion.

The twins are 5 now, and the girls are 7 and 9, and though life has calmed down a bit, our date night tradition is still going strong. Every now and then we get a sitter for the little guys, and Laurie comes along. These weekly outings—a hamburger at a nearby diner, a shopping spree at the dollar store—are the way we let our girls know how very cherished they are.

PETER DUERST, WATERFORD, WISCONSIN

Have a family ritual you'd like to share? Send your story to lhj.rituals@meredith.com. We'll pay $50 for any stories we publish.

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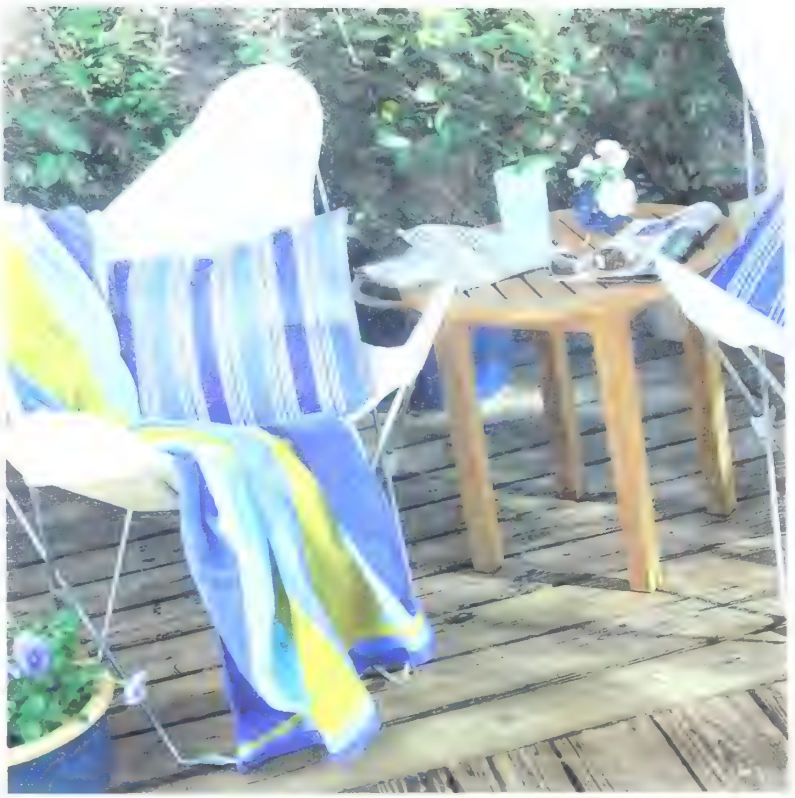


All Decked Out

Give your backyard deck the personality *and* functionality that suits your family's needs

Smith & Hawken's San Remo chaise (left) provides a perfect spot to kick back with a book and a cool drink. The Gray Dining Set from Martha Stewart is a magnet for family and friends to enjoy intimate summer dinners. The washable canvas covers on these butterfly chairs (right) make them a natural place for the kids to towel off after a run through the sprinkler.

PHOTOGRAPHS BY DAN FIASSICK
PRODUCED BY KERAN JUSKA



Island Style: Days spent relaxing in cushioned lounge chairs, watching the swaying palms, evenings passed enjoying intimate dinners surrounded by pots overflowing with fragrant flowers—for most of us, this beguiling daydream of summer is just that—a daydream. But what if you could enjoy this paradise right outside your back door?

With a few fixes, we transformed a shady space at the back of one family's house into this charming hidden oasis. First, the wooden planks got a serious scrubbing with a heavy-duty deck cleaner to eliminate mildew and dirt. After drying for a full 48 hours, they were coated with Thompson's Water Seal Clear Wood Protector, which guards wood against water damage and fading. Then came the fun part: choosing furniture. We selected pieces that are both good-looking and easy to care for: after all, it defeats the whole easy-living idea if you have to lavish time maintaining your backyard retreat. The chaises were chosen for their rust-resistant, wrought-iron frames, comfy cushions and sturdy back wheels that make them easy to move around in pursuit of sun or shade.

The teak dining table, with its simple, curve-back chairs, fits into a cozy corner. Although it looks luxurious, teak is easy to care for: It can be oiled to maintain its original color, or allowed to weather to a silver gray. Crate & Barrel's pillows, covered in weather-resistant fabric, add a hit of bold color to this serene tableau. Finally, we encircled the deck with leafy, potted plants to create a feeling of seclusion. The result is a private garden sanctuary—right at home.

CONTINUED







1 Cylinder lights strung from tree branches add a festive touch to the outdoor dining area. **2** Instead of the usual summer pastels, we chose a rich crimson-and-white palette. The Asian-inspired dinnerware is refined yet casual enough for outdoor dining. **3** In this intimate seating area, Smith & Hawken's copper fire pit warms up chilly evenings, while Chinese garden stools make charming side tables

Colorful Contemporary: This roomy, square deck occupies a tranquil spot in a spacious backyard, and has enough space for a dining table that can accommodate a crowd of friends and family. When the deck was built two summers ago, the wood was stained with Thompson's WaterSeal Tinted Wood Protector in a cool shade of gray. We painted the antique table a similarly soft dove gray, and paired it with white stacking chairs made of lightweight, durable plastic, which are delightfully low-maintenance since they can simply be wiped down after use. To give the tabletop some personality, we used items from Pier 1 Imports in unexpected ways. For example, slim porcelain sake carafes double as vases for single stems of red anemones, and extra-long crimson linen napkins are laid over the back of each chair for an extra colorful effect. Finally, footed bamboo trays hold cardboard Chinese take-out containers from The Container Store, filled with miniature pears, adding a last dash of whimsy.

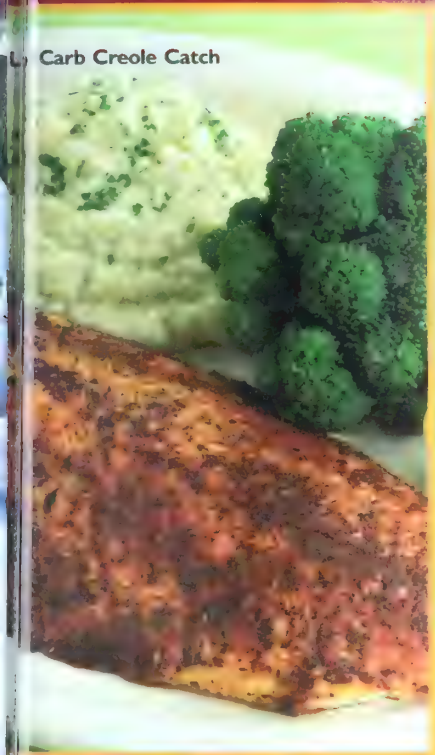
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Ruby Tuesday



Tender Top Sirloin







1 Guests love to play classic garden games—like this croquet set from Brookstone. Other toys are tucked away in The Container Store's nearly indestructible storage cube. **2** With a washable terry-cloth slipcover on this swing's cushion, you won't worry about soggy suits or melting ice pops ruining the fabric. **3** Crate & Barrel's brightly colored tray and bowls are made of durable plastic

Pretty Playroom: When this deck was first constructed, it had high rails all around. To turn it into an outdoor family playroom, we replaced the railings with wraparound built-in benches. Not only do these create more seating, but they also provide a natural showcase for pots of colorful outdoor blooms. After [illegible] wood, we stained the deck with Thompson's Water Seal Deck & House Solid Latex Stain in a subtle pale green shade, and, for fun, we painted a bold forest-green diamond in the center. L.L.Bean's white picnic table and benches make a decorative yet functional locale for family lunches, and the miniature Adirondack table and chairs are just right for young kids. Telescope Casual's canopied swing provides a shady getaway. Mixing L.L.Bean's traditional cobalt Adirondack chairs with funkier, round-back lime-green ones from Archie's Island gives the deck an air of cheerful eclecticism, as does the assortment of outdoor pillows striped in hot hues of orange and turquoise.

For more tips on creating a gorgeous deck, go to: www.lhj.com/decks

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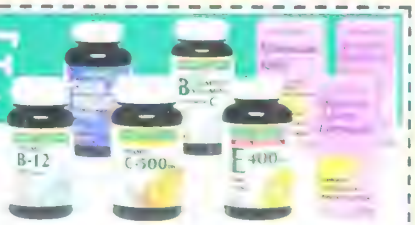
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Tray Chic!

Serve your guests in style this summer with a do-it-yourself serving tray that is yummy to behold

How to Make It Yourself

Supplies: an unfinished wooden tray; gesso (a primer); craft paint in white and other colors of your choice; 1" painter's tape; X-Acto knife; 1" paintbrush; cutting mat; water-based polyurethane (all available at craft or art stores) **Step 1:** Cover the interior sides of the tray with painter's tape (we wanted to leave the sides unpainted, so the tape protected them from paint). Apply a coat of gesso to the bottom of the tray. (Gesso is a primer that allows paint to adhere better to the surface of the wood.) Once the surface is dry, apply a coat of white craft paint. (Allow both base coats to dry completely—at least an hour for each.) **Step 2:** Use painter's tape—which can be pulled up and repositioned if needed—to create a striped pattern on the white-bottomed tray, leaving uncovered the areas where you want the color. By varying tape thickness (use an X-Acto knife to cut the tape on a cutting mat) as well as the distance between the strips of tape, we created a fun, irregular-striped pattern. **Step 3:** Once the tape strips are positioned, press down firmly on the edges to prevent the paint from bleeding. For our paint colors, we chose tropical hues of turquoise, orange and yellow, but you may want to take your cues from your outdoor dinnerware or furniture fabric colors. **Step 4:** Paint carefully between the tape strips; once the paint is completely dry (again, wait at least an hour), remove the tape slowly. **Step 5:** Apply a final coat or two of a water-based polyurethane to seal and protect your paint job.

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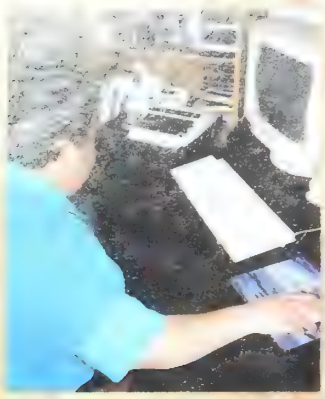


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Ricky works at the computer (top); daughter Amberly, 8 (top right); her cozy new bedroom (above); the happy couple in their new home, with an acre of land to boot (right)

Both Ricky and Reva Campa were born deaf, and both suffer from heart problems as well. But that didn't stop them from marrying, having children and—thanks to Habitat—building a home they can call their own

BY ANNE CASSIDY

Ricky Campa was playing basketball at his high school in Morganton, North Carolina, the first time he saw Reva walk by. "I remember looking at her and thinking, She's cute," he says. Reva, too, was instantly smitten, and the couple soon started dating. Two years later, in 1989, they married. A simple, ordinary love story, except that Ricky and Reva are deaf. When they promised to love, honor and cherish, they did so in sign language. Ricky's mother, Ruby—concerned about the challenges the couple might face—was apprehensive at first, but her fears soon faded. "We could tell Ricky had found someone he could be happy with," she says. "Deafness," says her husband, Juan, "is just something they've had to live with."

"Just something they have to live with" is practically a mantra for the Campas, which includes Ricky, 39, Reva, 35, and their families. Ricky was born deaf and with a hole in the lining of his heart—the result of Ruby's contracting German measles during her pregnancy. An itinerant farmworker, Ruby had already given birth to four healthy children in as many years. Doctors told the couple, who then lived in Arcadia, Florida, that Ricky would need heart surgery if he was to live past age 5, but that the operation couldn't be performed until he weighed at least 40 pounds. When Ricky was 6 months old, his parents moved him and their three older children (one had died of Sudden Infant Death Syndrome) to Maiden, North Carolina, where he could be monitored at Baptist Hospital in Winston-Salem. He was also given the medication digitalis to strengthen his heart.

As they waited for Ricky to grow, his parents had to make sure he didn't overexert himself. The couple, in fact, were so concerned about Ricky's heart condition that his deafness wasn't a priority; besides, the boy had learned to read lips and could speak just clearly enough to be understood. In 1970, when he was 5, Ricky underwent a four-hour procedure to repair his heart—and, a year CONTINUED


Did you know that men over 50 suffer from osteoporosis more than prostate cancer?
got milk?

later. He [illegible] the public [illegible] Morganton.

Meanwhile, about [illegible] in Greensboro, Reva was [illegible] Lynda Barker, ran a child[illegible] and Lynda had also contracted [illegible] man measles during her pregn[illegible] Reva, whose four [illegible] was born healthy, was lucky compared with Ricky: She has about 30 percent of full hearing capacity and suffers only a mild heart murmur. Reva went to Greensboro School for the Deaf until she was 17, then transferred to the Morganton school, where she met Ricky two years later.

The newlyweds were happy, but life wasn't easy. Reva worked as a seamstress, and Ricky had found a similar job at a biking apparel company. But after undergoing surgery in 1993, Ricky's heart was still weak, forcing him to go on disability. In 1994, Reva had a baby who was born 16 weeks premature and did not survive; she would later learn the early birth was due to a weakened cervix. When she became pregnant again, doctors stitched her cervix closed. Amberly Campa was born in February 1996, healthy and hearing; a robust boy, Daniel, arrived in 2001.

Thrilled to become a parent, Ricky picked up his babies even though he wasn't supposed to lift more than five pounds because of his heart condition. The children, whose fingers fly as they sign with their parents and translate for them, are growing up in both the hearing and the deaf worlds. "They are good kids," Reva says, simply (like many hearing-impaired people, Ricky and Reva can speak, though not nearly as well as those who can hear). But the couple yearned for a home of their own.



"I love my new house," says Ricky Campa, with wife Reva in their front yard

The Campas have known sorrow, but they'd rather count their blessings

They had lived in an apartment in Lincolnton, North Carolina, for seven years, then in an old trailer home; the house they later rented was both cramped and poorly insulated.

For the Campa clan—a large, close-knit family—finding a home for Ricky and Reva became a mission, especially for Ricky's oldest brother, Johnny, and his wife, Kathy, who heard about Habitat and urged the couple to apply. Johnny offered to give Ricky an acre of his own land on which to build their home in nearby Vale, North Carolina, a few miles away from the home of another brother, Martin. Still, there were hurdles. Ricky and Reva were living solely on disability checks (Reva had stopped working after losing her first baby), and medical bills had left them $1,000 in debt.

But thanks to financial help from both their families, the couple were accepted by Habitat in May 2002, and board members agreed to build the home on the land donated by Johnny. Ricky and Reva (or family and friends) had to put in 400 hours of sweat equity and put $1,000 down at closing. Then, in January 2003, Ricky suffered a severe allergic reaction to an antibiotic he was taking for bronchitis. "When he started coughing and said his heart was racing, I took him to the emergency room," says Reva. "I was so scared." It took doctors four hours to stabilize him, and he has had to remain on oxygen since. The house was finished in May 2003, and the Campas moved in.

Ricky and Reva have known more than their share of sorrow, but they'd rather count their blessings. Although Ricky's heart will never be strong, his condition is stable, and he planted a garden this spring. "I have problems with my health, but I have faith," he says. "And I love my new house." Reva, who stays at home tending to her husband and her children, says she plans to return to work once the children are both in school (their disability payments cover the $342 monthly mortgage). In the meantime, she's hung lace curtains in the sunny windows and filled the house with her collection of ducks made of glass, plastic and wood. And all of that is more than Ruby Campa ever dared hope for. "I used to pray just for Ricky to graduate," she says. "Now he's married with children and has a home of his own. All of our dreams have come true."

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How to Camp in Comfort

Enjoying the great outdoors with your family used to be a strictly no-frills affair. But if you have the newest gear, you'll find that camping out doesn't have to mean roughing it

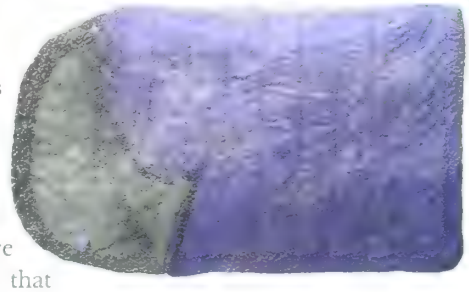
BY RON GIVENS

Natural splendor—from breathtaking vistas to up-close wildlife—may be the siren call of camping, but there are plenty of other great rewards for those staking a claim to the great outdoors. For one thing, a campground is the perfect launching pad for any number of family activities, whether hiking, backpacking, canoeing, kayaking, rock climbing or fishing. So it's no wonder that camping has become the second-most popular sport in the country—after exercise walking—according to a 2002 survey by the National Sporting Goods Association. Nearly one-third of all Americans 16 and older packed their gear and set up tents that same year (roughly four of 10 trips involved families), with nearly 66 million people sleeping contentedly under the stars during 2002, according to the Outdoor Industry Association.

And thanks to all sorts of new, sophisticated gear, the great outdoors has never been a more comfortable place to hang out—especially for women. Manufacturers now make campsites and sleeping bags that take into account the ways in which women's bodies differ from men's. "It used to be a unisex, one-size-fits-none world," says Michael Hodgson, author of *Camping for Dummies* and co-owner of the Web site *www.geartrends.com*. "No more. And they aren't just putting a flower on something—they're manufacturing gear specifically designed to meet women's needs."

Of course, camping doesn't have to mean hoofing it and carrying a load. For families who want to take it easy, there's car camping, where you drive right up to (or close to) sites, pitch your tent and unfurl your sleeping bag near such CONTINUED







(Clockwise from top) The roomy Seedhouse 1 Superlight tent, $229; L.L.Bean's sturdy Tuckerman's backpack, $99; Kelty's Clear Creek Double sleeping bag, $130, which lets couples snuggle up

amenities as electricity, showers and toilets. Rugged types can choose any number of more challenging trips that include backpacking across a short stretch of countryside when spring flowers are in bloom, or all the way up to high-altitude bivouacs in the dead of winter. So whether you need a capacious backpack for roaming across rugged terrain or waterproof equipment for white-water adventures, the right stuff is available—if you know what to buy and where to look.

Choosing your equipment can be tricky, since a family of four can easily spend more than $1,000 for the basic stuff—backpacks, tent, sleeping bags and pads, stove and cookware, a water filter, lighting. You don't want to go only for low-priced gear, because the equipment might not match your needs over the long haul. Nor should you buy bigger and more complicated stuff than you will ever use. There's an easy way to find out what level and type of equipment best suits your needs: renting from an outdoors specialist shop. "It gives people a good opportunity to go out for a weekend and see if they like it," says Jack Daniels, manager of the camping and climbing departments at the Denver location of the national chain REI. Also, stores such as REI *(www.rei.com)* and Eastern Mountain Sports *(www.ems.com)* are good sources of information. REI's Web site also has a wealth of tips.

No matter what degree of sophistication you choose, the goal should always be comfort and safety. With your basic equipment needs met, you'll be able to enjoy the great outdoors in all its magnificence, which is what camping is all about.

BACKPACKS These are, essentially, your travel luggage, so you want a pack that will easily hold everything you'll need, as well as virtually everything you're going to eat. Most likely, you'll want a fairly large backpack so it will need to have a frame to keep it from collapsing. With models that have external frames, the pack is attached to the frame, which is then strapped to your back. They're a little cheaper—and cooler, since the frame creates a space between your back and the pack where air can circulate. But they can make it harder for you to keep your balance on uneven terrain. A more popular—and expensive—choice is the internal-frame backpack, which fits snugly against your body and CONTINUED

Don't Leave Home Without These

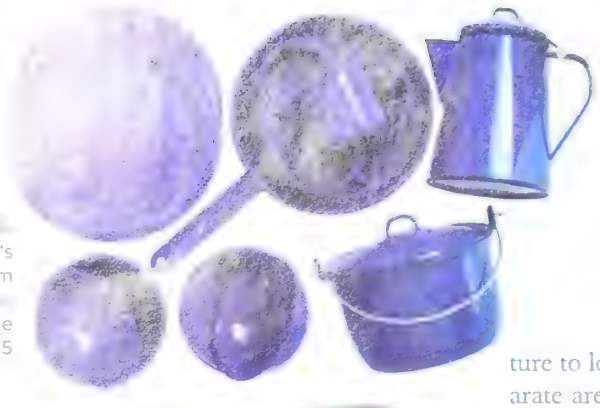
You've got your equipment, clothes, food—even the insect repellent. Here's a checklist of the other important gear you should take along, whether you're going on a casual day hike or spending a week in the wilderness.

- ✓ A map
- ✓ A compass or a global positioning system (the Garmin iQue 3600, $590, is the ultimate in GPS technology, available at Amazon.com
- ✓ Sunglasses and sunscreen
- ✓ Matches
- ✓ Fire starter
- ✓ A whistle
- ✓ A first-aid kit (Expedition Level 5 from the Wilderness Medicine Institute, *www.nols.edu/store*, $29, is a good choice)
- ✓ A pocket knife (the Swiss Army Swisschamp is a classic at $70)



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(Top) The 16-piece Stainless Steel Set with Lantern Tuckerman's Camping Grill LX, $170; (bottom left) the MSR IsoPro stove, $40; (bottom right) the Large Camp Cookset from L.L.Bean, $25



gives you extra stability. Manufacturers don't make [illegible] that better fit [illegible] women's bodies, with a greater variety of shorter lengths that allow the bottom of the frame to line up with your torso, and shoulder straps that go around, rather than over, your breasts. When you've got to carry a backpack fully loaded for miles and miles or on tricky, challenging terrain, these design improvements can make the difference between a downright miserable march and a truly excellent adventure.

L.L.Bean's Tuckerman's Pack ($99), which has an internal frame, is the right size for day or overnight trips. For longer excursions, you'll need the added capacity of an internal-frame pack like the JanSport Juno 73 ($169), which can be adjusted for different torso lengths, or the Arc'teryx Bora 62 ($350), which has a hip belt specially designed for women. The supersized Kelty 50th Anniversary Pack ($260), which is great for extended and warm-weather trips, has an external frame that makes it cooler to wear. For hiking with tykes, Sherpani Alpina makes the Rumba child carrier ($199), which allows you to strap your toddler to your back, securely nested in a seat with stirrups and full-body support. The Kelty Junior Tioga 2050 ($90) is a pack with a frame that can be adjusted for children ages 5 to 13 to wear.

The single biggest item that most people cram into their backpacks is their home away from home: the tent. Thanks to the innovative use of nylon materials and aluminum poles, tents just keep getting lighter without any sacrifice in quality. Your first consideration should be size: Tents are rated according to how many people they hold. But the ratings are only rough estimates. A large one-person tent might be the right fit for a woman and a child, while a very tall person or a restless sleeper, for example, might need more space to toss around in. As your family grows, you'll have greater flexibility with sleeping arrangements if you rent or buy a separate tent for the kids, rather than opting for bigger and bigger models to house everyone together.

Storage space is another key feature to look for. Many tents have separate areas, called vestibules, to stash equipment, and some have gear lofts, which are hammock-like devices that hang from the roof and provide a handy nook for flashlights. You'll need a tarp, or footprint, to go under the tent, which serves a dual purpose: It protects the floor of the tent and acts as a barrier against water that might puddle underneath. You'll also want a fly, a kind of tarp that goes over the tent and keeps rain from seeping in. The best types also allow the condensation from your breath and body to escape, so your tent doesn't get uncomfortably damp and drippy inside.

Three-season tents will serve you well unless you want to head out in snowy weather. Domes and tunnel-shaped tents are the most common and resist wind better than traditional A-frames. A freestanding model can be erected using just tent poles before being staked to the ground, which allows you to move it easily around your campsite until you find the perfect place. And when it's time to pack up, you can pick up the whole tent and shake out dirt and debris.

The L.L.Bean #2 Dome Tent ($99) holds two adults and is easy to set up. Big Agnes makes a roomy one-person tent, the Seedhouse 1 Superlight ($229), that has a good-sized vestibule and weighs a scant 2.5 pounds. The REI Half Dome 2 ($159) and the EMS Tristar ($199) both fit two comfortably, and each has two vestibules. For really big groups that won't be moving around a lot, Eureka! offers the CONTINUED



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IRONMAN

n comfort-

n you think of your sleeping bag as a portable bedroom, then your sleeping bag is your mattress away from home. But it's also like a down jacket in the sense that a better fitting bag will be a warmer one. Like backpacks, sleeping bags are being tailor-made for women—shorter in length, narrower at the shoulder and wider at the hip. You can still find boxy, rectangular bags, but the most functional bags are mummy style—fitting around the head and neck like a cowl (leaving the face exposed) and draping around the shoulders before tapering down to the feet.

Sleeping bags come with a temperature rating—the coldest point at which they will be effective—but bear in mind other variables that might affect your choice. For example, using a pad under the sleeping bag will add extra insulation. For most people, a bag rated at 15 or 20 degrees will be good enough for spring and fall. Summer campers may not need a bag at all—just a blanket and pad may do nicely—but a high-performance bag is a must for winter camping. Down-filled bags will provide maximum warmth with minimum weight, and they can be compressed to take up less space when packed; however, the material loses most of its insulating

ryaker, you should check out

ed. The outer shells come in a ety of materials, mostly nylon ut p You should look for water resistance and breathability.

Sierra Designs offers the Rosa sleeping bag ($99), rated at 20 degrees, which is filled with synthetic Polarguard 3D. For warmer months, Exped's synthetic Wallcreeper PL ($154) has a 40-degree rating, and can be converted into a blanket or even worn as a jacket. For chillier seasons, the Pinnacle from Marmot ($309), rated at 15 degrees, is a down-filled mummy-style bag that's been contoured for a woman's body and plumped up with extra insulation near the chest and feet. For couples who want to snuggle together, Kelty makes the Clear Creek Double ($130), a synthetic bag rated at 20 degrees. And Coleman makes the Omnitemp Jr. ($35), which will fit children up to five feet tall. For true comfort on the ground, a sleeping pad is a must. The Women's Edition of the Max-Lite pad from Pacific Outdoor Equipment ($54) has extra foam cushioning for the hips as well as extra foam insulation to keep your toes nice and toasty.

STOVES, COOKWARE AND

If you're going on short jaunts, you can tide yourself over with prepared foods. Otherwise, you'll have to cook and serve, and that means bringing a stove, as well as cookware and dishes. Camping stoves run on two types of fuel: liquid gas, such as kerosene, which works well in cooler temperatures; and compressed gas (butane and butane blends), which works CONTINUED

When You're Bringing Fido Along

Taking the family dog doesn't mean you have to sleep with your best, but sometimes smelly, friend. For an ideal pup tent, there's the Mutt Hutt by Ruff Wear (below), which comes in small ($88) and large ($98). Mountainsmith makes a saddlebag-style Dog Pack ($65) that straddles the backs of 20- to 40-pound pooches so they can carry some of the load. And for food and drink, there are various collapsible bowls, including Kelty's K-9 Dog Bowl ($20) and Bison Designs Fold-a-Bowl ($12), which zips up into a flat disk. Call ahead to make sure the campsite allows dogs, and in general you're expected to keep your pet on a leash and to clean up any droppings. A toy or blanket will help acclimate your dog to sleeping in a separate enclosure.



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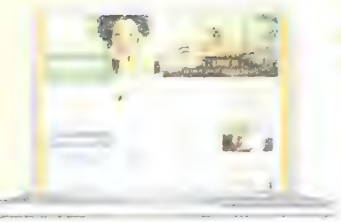
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the good life

a health risk for pregnant women. The MSR Mini-Works EX Microfilter ($80) eliminates bacteria when you manually pump water through its cylindrical chamber. The pocket-size MSR MIOX Purifier ($130) strips away viruses and requires no pumping. And if you and your husband want liquid refreshment of a more intoxicating kind, the Burton Liquid Lounger ($110) is a backpack that holds the ultimate minibar—a flask, shot glass, stirrer, wine opener, an insulated cooler compartment, as well as a deck of cards and a pair of dice.

Lighting Even if you want to follow the natural rhythms of day and night, you'll need lighting of some sort when the sun goes down. In a larger camp, you'll want freestanding sources of light, such as the L.L.Bean Large Camp Lantern ($25), which runs on four D batteries and provides bright fluorescent light for up to eight continuous hours. The 2-Mantle Instastart Lantern from Coleman ($43) is the modern version of a camp classic; a single propane gas canister will last for up to 14 hours on the lamp's low setting. Flashlights may be all you need in a single tent, but a more convenient new option is the contemporary headlamp, a high-tech version of the lamps worn by miners. It can replace a flashlight for hands-free visibility on the trail, around a campsite or in a tent. The Myo 5 from Petzl ($70) uses a xenon halogen bulb for distance vision and also has five LEDs that can be set for varying levels of brightness.

better in moderate climes. To compare the heat output of different models, ask about their boiling times. Camping stoves range from the teensy-weensy, such as the 3-ounce MSR PocketRocket ($40), which is essentially a burner mounted on a fuel canister, to the humongous, such as the 75-pound Coleman Outpost propane stove ($179), which has two adjustable burners that can bring a gallon of water to a full boil in less than two minutes. The more ambitious stove choices only work, however, if you'll be car camping, because they weigh far too much to carry for any significant distance.

You can make do with a cooking pan and plastic place settings stowed from your kitchen, but if you want to go deluxe there's the Evernew MountainLite Non-stick cookset ($89), which includes two pots and two fry pans made of extremely light and durable titanium, and the Sierra Table Set from GSI Outdoors ($35), which includes four cups, plates, bowls and spoons made of forest-green enamelware (it's a little heavier, but has a timeless look).

Water Unless you're staying close to a stream with [illegible], you'll need to treat the water you drink. Even a clear running stream may harbor bacteria or viruses. You can boil water, but that takes time and fuel. You can treat it chemically, but that can [illegible] and might

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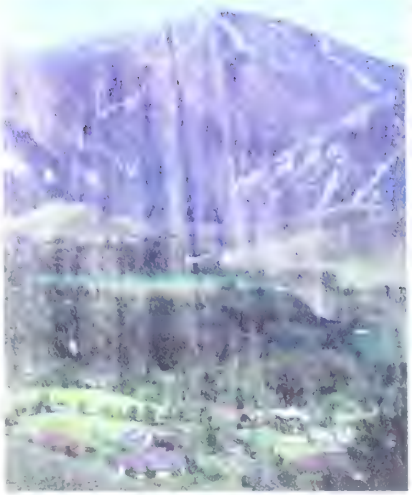
Après-Ski Season

Summer is the perfect time to visit a winter resort with your family

BY LYNN LANGWAY

If you think all the ski resorts close shop when summer hits and the snow melts, think again. These winter wonderlands transform during the summer months into havens for mountain-biking schools, golf camps, water parks, arts festivals and more.

One such nearby summer hot spot is Sun Valley ski resort in central Idaho. The resort that opened with Hollywood hoopla back in 1936 and inspired the 1941 movie *Sun Valley Serenade* stages summer ice shows featuring Olympic stars such as Scott Hamilton. And you and your kids can figure-eight through the same splendid arena, where classes are run by silver medalist Linda Fratianne.



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Off the ice, you can hike up the 9,150-foot Bald Mountain, one of Sun Valley's two ski peaks. For a less challenging hike, try the 6,600-foot Dollar Mountain. On either peak, you'll be treated to blooming wildflowers and vistas of the Big Wood River. If you prefer lower altitudes, play tennis on one of the resort's 18 courts, golf on a championship course, or relax at the spa. Kids can ride a haywagon, a pony or a horse at the resort's play school and day-camp programs. A condo at Sun Valley itself costs slightly more in summer than winter (about $159 per night for a studio on summer weekdays, versus $139 in ski season), but check for all-inclusive packages. And there are bargains to be found in and around nearby Ketchum (call 800-634-3347 for information).

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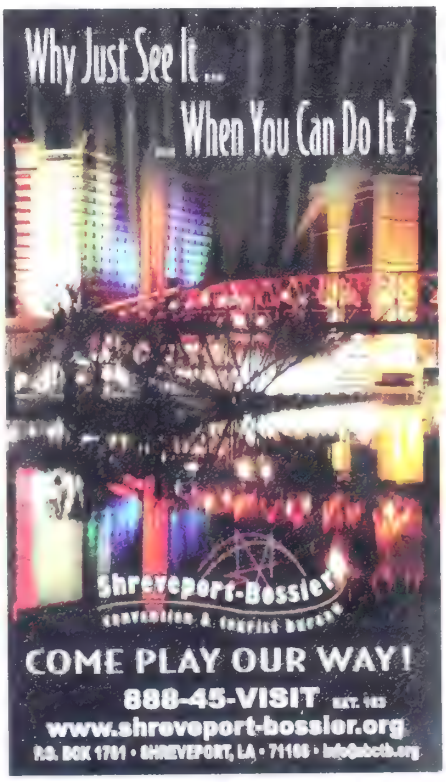


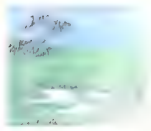
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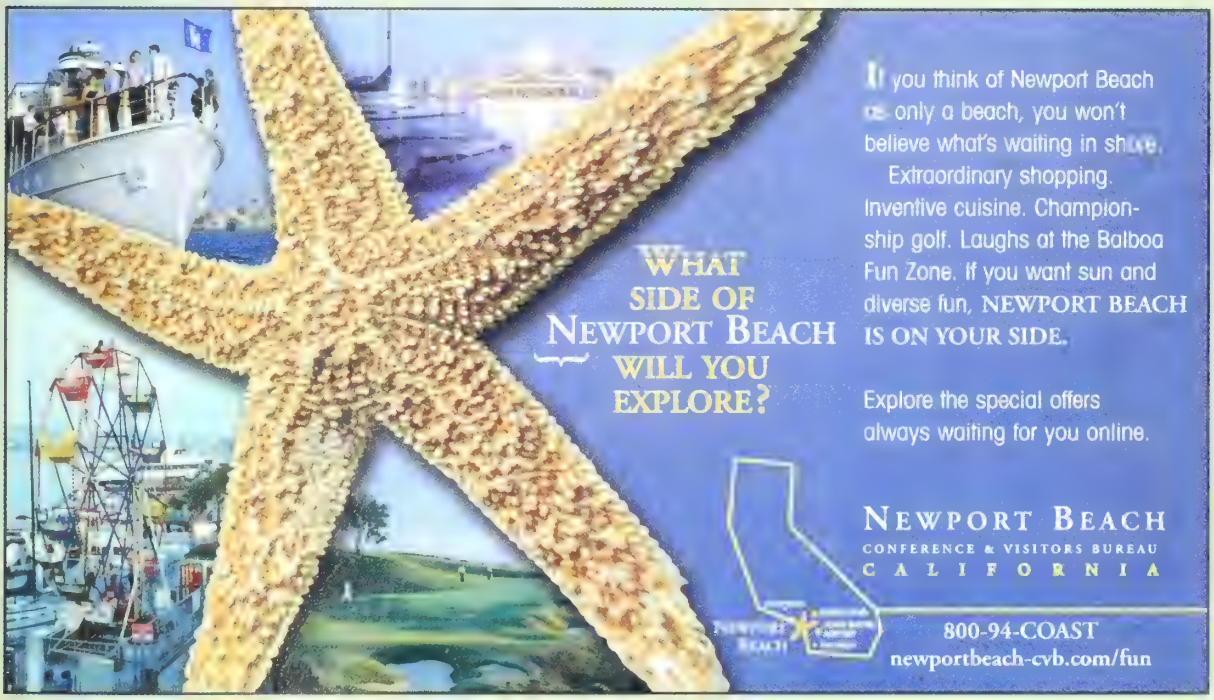


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Majestic Mountains, exciting attractions! Send for more information and learn how to register for a FREE East Tennessee Vacation.

TOURS

84 COLLETTE VACATIONS
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VIRGINIA

85 AMERICA'S HISTORIC TRIANGLE
Arts of Historic Proportions! Barter Theatre, historic sites, and an entire community of friendly folk!

[illegible]

86 ZAPPOS.COM
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87 MCCORMICK AND CO., INC.
Find great tastes and special promotions by subscribing to Flavor Notes, a free e-mail newsletter from McCormick. Visit www.mccormick.com

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88 WEAR-DATED CARPET FIBER
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WIN $10,000 from the new Chris Madden Line

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The Grand Prize Winner will receive:

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3 Ways to Enter

- Pick up entry form in the JCPenney Home Department
- Online at www.bhg.com/jcpenney
- By mail

ChrisMadden for JCPenney home collection

[illegible] laws. By participating, entrants agree to be bound by these Official Rules and the decisions of the Sponsors and waive any right t[illegible] they determine that said entrant is att[illegible]

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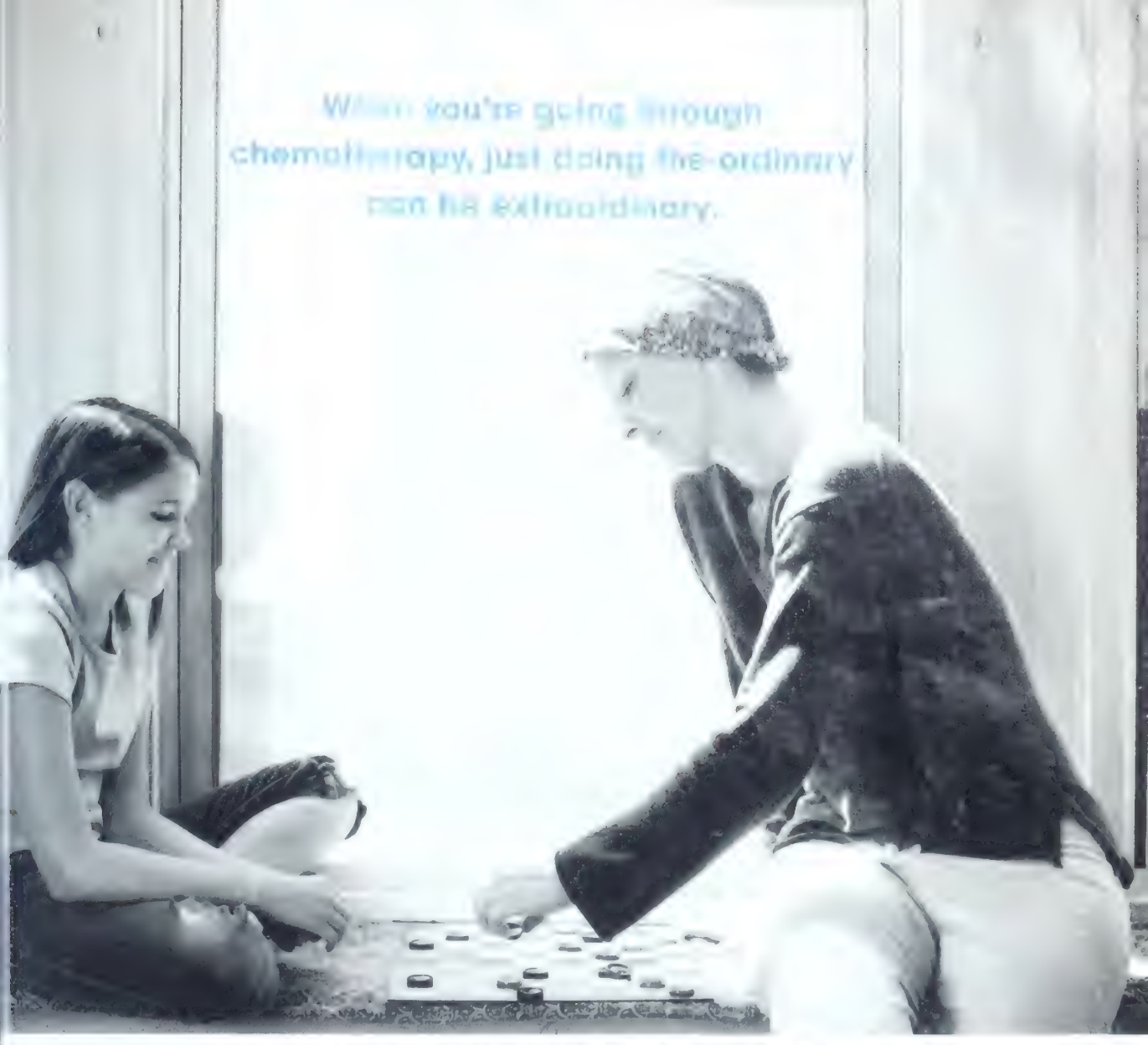
A Woman's Guide to Men's Health

Your husband might be able to lift more weight than you can, but when it comes to health and longevity, men are definitely the weaker sex. For one thing, they die younger, at about age 75 on average, while women can expect to live to 80. And compared with women, more men die from cancer, accidents and liver disease—three of the leading causes of death. Yet despite their greater health risks, men are much less likely than women to get medical checkups, even when they have symptoms. One out of four men has not seen a doctor in the past year, compared with only about one out of 10 women. Among 30- to 44-year-olds, a full one third of all men never crossed a physician's threshold in the past 12 months. Even when men were sick or in pain, only 18 percent said they sought care as soon as possible.

Of course, wives have long known about their husbands' recalcitrance on this front, but now the government is also taking notice. Congress has designated this June 14 to 20 National Men's Health Week, with nationwide events to help raise awareness about preventable diseases in men. This year, Congress may also take up legislation to establish a federal office of men's health to promote research on diseases of special concern to men.

Research shows that women are the gatekeepers of their family's health, so you likely play a central role in getting your husband to take care of himself. We've put together this 13-page special section to help you help him. Read it, clip it, leave it lying around where he might see it . . . and most of all, use it as a guide to get him the care he needs to enjoy a long, healthy life.

CONTINUED ON PAGE 156



DDING *EMEND* CAN HELP PATIENTS ON CHEMOTHERAPIES THAT ARE HIGHLY LIKELY TO CAUSE NAUSEA AND VOMITING.

EMEND, when added with other medicines, helps prevent and control nausea and vomiting caused by initial and repeat ɔurses of chemotherapy that are highly likely to cause nausea and vomiting in adult patients. By adding 3 capsules over days, EMEND can help protect against nausea and vomiting not only on Day 1 but also on Days 2 through 5. Which means, MEND may stop symptoms before they start. Ask your doctor about adding EMEND before you begin chemotherapy.

IPORTANT INFORMATION: EMEND is not meant to treat nausea and vomiting that you already have. Tell your doctor if you are king other medicines, if you are pregnant or plan to become pregnant, or if you have liver problems. EMEND may cause rious life-threatening reactions if used with certain medicines. (See the section "Who should not take EMEND?" on the adjacent ɔage.) EMEND may also affect some medicines, including chemotherapy, causing them to ɔrk differently in your body. **Women who use birth control pills while taking EMEND should so use a backup method of contraception to avoid pregnancy.** The most common side fects with EMEND are tiredness, nausea, hiccups, constipation, diarrhea, and loss of appetite. ese are not all of the possible side effects of EMEND.

EMEND (aprepitant)

EMEND is available by prescription only. Please read the Patient Product Information r EMEND on the adjacent page, and discuss it with your doctor.

For more information, visit emend.com.

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emend.com

Patient Information
EMEND® (EE mend)
[illegible]us

[illegible]d read this information before [illegible] taking EMEND®. Also, read the [illegible] each time you refill your prescription, in case any information has changed. This leaflet provides only a summary of certain information about EMEND. Your doctor or pharmacist can give you an additional leaflet that is written for health professionals that contains more complete information. This leaflet does not take the place of careful discussions with your doctor. You and your doctor should discuss EMEND when you start taking your medicine.

What is EMEND?

EMEND is an antiemetic medicine for use in adult patients. An antiemetic is a medicine used to prevent and control nausea and vomiting. EMEND is always used WITH OTHER MEDICINES to prevent and control nausea and vomiting caused by your chemotherapy treatment. EMEND is not used to treat nausea and vomiting that you already have.

Who should not take EMEND?**

Do not take EMEND if you:

- are taking any of the following medicines:
  - ORAP® (pimozide)
  - SELDANE® (terfenadine)
  - HISMANAL® (astemizole)
  - PROPULSID® (cisapride)

Taking EMEND with these medicines could cause serious or life-threatening problems.

- are allergic to any of the ingredients in EMEND. The active ingredient is aprepitant. See the end of this leaflet for a list of all the ingredients in EMEND.

What should I tell my doctor before and during treatment with EMEND?

Tell your doctor:

- if you are pregnant or plan to become pregnant. It is not known if EMEND can harm your unborn baby.
- if you are breast-feeding. It is not known if EMEND passes into your milk and if it can harm your baby.
- if you have liver problems.
- about all your medical problems.

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[illegible]tion
[illegible]
vitamins, and herbal supplements. EMEND may cause **serious life-threatening** reactions if used with [illegible]e the section **Who should not take EMEND?**). Some medicines can affect EMEND. EMEND may also affect some medicines, including chemotherapy, causing them to work differently in your body.

Your doctor may check to make sure your other medicines are working, while you are taking EMEND. Patients who take COUMADIN® (warfarin) may need to have blood tests after each 3-day treatment with EMEND to check their blood clotting.

Women who use birth control pills while taking EMEND should also use a back-up method of contraception to avoid pregnancy.

How should I take EMEND?

- Take EMEND exactly as prescribed.
- EMEND is a capsule that you swallow with a drink.

The recommended dose of EMEND is:

- Take one 125-mg capsule (white/pink) by mouth 1 hour before you start your chemotherapy treatment; **AND**
- Take one 80-mg capsule (white) each morning for the 2 days following your chemotherapy treatment.

- EMEND may be taken with or without food.
- Do not start taking EMEND if you already have nausea and vomiting. Ask your doctor what to do.
- If you take too much EMEND, call your doctor, local emergency room or poison control center right away.

What are the possible side effects of EMEND?

The most common side effects with EMEND are:

- tiredness
- nausea
- hiccups
- constipation
- diarrhea
- loss of appetite

These are not all of the possible side effects of EMEND. For further information ask your doctor or pharmacist. Talk to your doctor about any side effect that bothers you.

General information about the use of EMEND

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use EMEND for a condition for which it was not prescribed. Do not give EMEND to other people, even if they have the same symptoms you have. It may harm them. Keep EMEND and all medicines out of the reach of children.

This leaflet summarizes the most important information about EMEND. If you would like to know more information, talk with your doctor. You can ask your doctor or pharmacist for information about EMEND that is written for health professionals.

What are the ingredients in EMEND?

Active ingredient: aprepitant

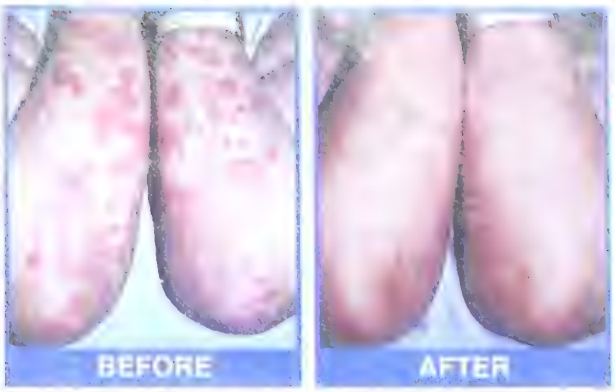
Inactive Ingredients: Sucrose, microcrystalline cellulose, hydroxypropyl cellulose and sodium lauryl sulfate. The capsule shell excipients are gelatin and titanium dioxide. The 125-mg capsule shell also contains red ferric oxide and yellow ferric oxide.

Issued March 2003

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Psoriasis?

Restore your skin to a healthier, clearer state fast!



FDA approved active ingredients • Won't stain clothing • No steroids
No burning • Easy application • Non-prescription
No oily or chalky mess • Spray goes on like water • Rush delivery available

Feel like you have brand new skin.

The revolutionary SkinZinc™ system is specially formulated to effectively treat psoriasis and it's painful, stubborn symptoms (redness, rashes, itching, scaly skin, cracking and dryness). SkinZinc™ is different from other treatments. The odorless, colorless formula goes on easily, like water, and thoroughly penetrates even rough, scaly skin to deliver medicated strength relief. As your skin becomes clearer and smoother, the SkinZinc™ system promotes healing and helps manage future flare-ups.

A NEW, better treatment? Thousands of customers agree!



(transcripts from actual testimonials)

"I've had every pill, every cream...(With SkinZinc) In 4 days my hands had no cracking, no bleeding, they looked normal again." L. Bean

"It's just a miracle. That's all I can say. Even the dermatologist said it's a miracle product. He couldn't believe it. In about ten days you could see an improvement." V. Shethen

"The first few days we saw dramatic results. I've tried other things that stung and burned – but never got the results that I've gotten from SkinZinc." C. Procter

"The itching was driving me out of my mind. You don't need to pile it on. It works like a fine lotion. In 2 weeks I've had better results than in 2 years of going to the dermatologist." L. Hibbs

The power and science in the SkinZinc™ system

The SkinZinc™ system is the choice of psoriasis suffers because it contains FDA approved and doctor recommended active ingredients. The all-natural delivery compound willow herb speeds these powerful active ingredients to affected areas to promote healthier skin. SkinZinc™ is gentle thanks to all-natural tea tree oil and alfalfa extract which soothe on contact without the irritation, burning or drying associated with other treatments.



SkinZinc™ is the most effective product I've seen for the treatment of skin disorders such as psoriasis, dermatitis and dandruff."- Dr. S.Ravitz

The SkinZinc™ Guarantee

We are so confident that SkinZinc™ will restore your skin to a healthier, clearer, more comfortable state in just days that we offer a 30-day money-back guarantee. If you aren't 100% satisfied, simply return the system for a full refund of the product price. We hope you will join the thousands of people who have found relief with the SkinZinc™ system by calling our toll-free number. The original SkinZinc™ is not available in stores. Accept no imitations. Call the number below to find out about our current promotion.

THE ORIGINAL SKIN ZINC

CALL NOW for a 30-Day Risk-Free Trial of SkinZinc
Mention Discount Code LHJ and qualify for
a FREE SUPPLY with your purchase!

Ask about a FREE SUPPLY

TOLL FREE 24 HOURS A DAY **1-800-573-6258**

Ask about our other products to relieve eczema and fade age spots

Results not typical. Individual results will vary. These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, cure or prevent any disease. Currently there is no cure for psoriasis, and SkinZinc™ does not claim to cure any disease. Please consult a physician if you have any questions.

His Healthy Heart

Here, the latest medical findings on guys and heart disease to help the man in your life keep this No. 1 killer at bay



One-half of American men and one-third of women 40 and younger will develop heart disease at some time in their lives, according to the Centers for Disease Control and Prevention, in Atlanta. But there are other reasons why for men the situation is particularly dire. Not only do they suffer from cardiac disease an average of 10 years earlier than women, they're also more likely to die prematurely from it: Men account for more than 70 percent of heart-disease deaths occurring before age 65. Yet healthy middle-aged men "tend to minimize the potential risks and symptoms" of a cardiovascular condition, says Michael Fleming, M.D., president of the American Academy of Family Physicians. "It's not uncommon for a man to come in to see me and say, 'I've been having this chest pain for the last two months,' and be unaware that he may be moments away from a heart attack." Here are five new heart facts men—and the women in their lives—need to know.

ANGER CAN BE DEADLY

Uncontrolled anger and hostility have long been linked with heart disease in men, but a study published in March is the first to show that a short temper can cause a specific heart rhythm disorder known as atrial fibrillation (AF), which can lead to stroke and death. The study followed 1,769 men and 1,913 women whose average age was 49. Men who scored high on several standard psychological tests that measured anger (meaning they had more angry outbursts, got furious when criticized and said their tempers frequently made them feel like hitting someone) and hostility (meaning they were more likely to act contemptuously toward others) were 10 to 30 percent likelier to develop AF than men who were *not* angry or hostile. The hotheaded ones were also 20 percent likelier to die from any cause. In contrast, emotional eruptions didn't affect women's heart health, perhaps because they develop rhythm disorders later than men. Another possibility: "Anger and hostility may not be risk factors for women," says head researcher Elaine D. Eaker, Sc.D., president and owner of Eaker Epidemiology Enterprises in Chili, Wisconsin.

Particularly worrisome for the men: In the same study, two-thirds of the men who developed AF did so before age 60, and most of them had no known signs of heart disease. "AF usually occurs in older people who already have had structural problems with their hearts," says Dr. Eaker. "The take-home message is that for men, letting your anger out is not necessarily good if you express it in a fiery, hotheaded way." The results, published in *Circulation*, the journal of the American Heart Association, suggest that if your man is prone to temper tantrums, you should help him relax before he blows a gasket.

HE'S GOTTA HAVE FRIENDS

The next time you accuse the man in your life of hanging out with the guys too much, consider this: Men who spend time with friends on a regular basis are about half as likely as their isolated counterparts to develop heart disease. A 2004 study published in the *European Heart Journal* followed 741 50-year-old men for 15 years and noted their levels of social support. It found that friendless men were more likely to have evidence of inflammation in their blood vessels. While the mechanisms by which CONTINUED

BY LESLIE LAURENCE


Initially you might feel guilty having
so many nutrients all to yourself.
GNC WOMEN'S
Women's
Ultra Mega



When it comes to the "bad" LDL cholesterol, can you go too low? The answer appears to be no. Currently, guidelines call for LDL cholesterol to be less than 100 mg/dL. But a March study led by Steven Nissen, M.D., a cardiologist at the Cleveland Clinic, in Ohio, suggests that intensive treatment with a statin drug that reduced LDL even lower than the recommendation had a significant benefit. In examining more than 500 patients with coronary artery disease, Dr. Nissen and colleagues found that the men (and women) who took a high 80-milligram dose of Lipitor (considered an intensive cholesterol-lowering regimen) reduced their LDL to an average of 79 mg/dL, while those taking 40 mg of Pravachol (considered a *moderate* cholesterol-lowering regimen) had levels that averaged 110 mg/dL. A subsequent study of 4,000 patients sponsored by the makers of Pravachol came up with similar results: Within a month, the patients taking Lipitor had significantly lower risk of heart attack, bypass surgery, angioplasty and death than patients taking Pravachol.

physicians to be much more aggressive. How low should you go? That's still under investigation, but researchers are talking about an LDL of 60 or less. Men, however, shouldn't pop pills in lieu of lifestyle changes. "If you smoke, stop. It's deadly," Dr. Nissen says. "If you have high blood pressure, get it treated. And, women, if you want your husbands to live longer, get them off the couch and on an exercise program."

EXERCISE IS THE BEST MEDICINE

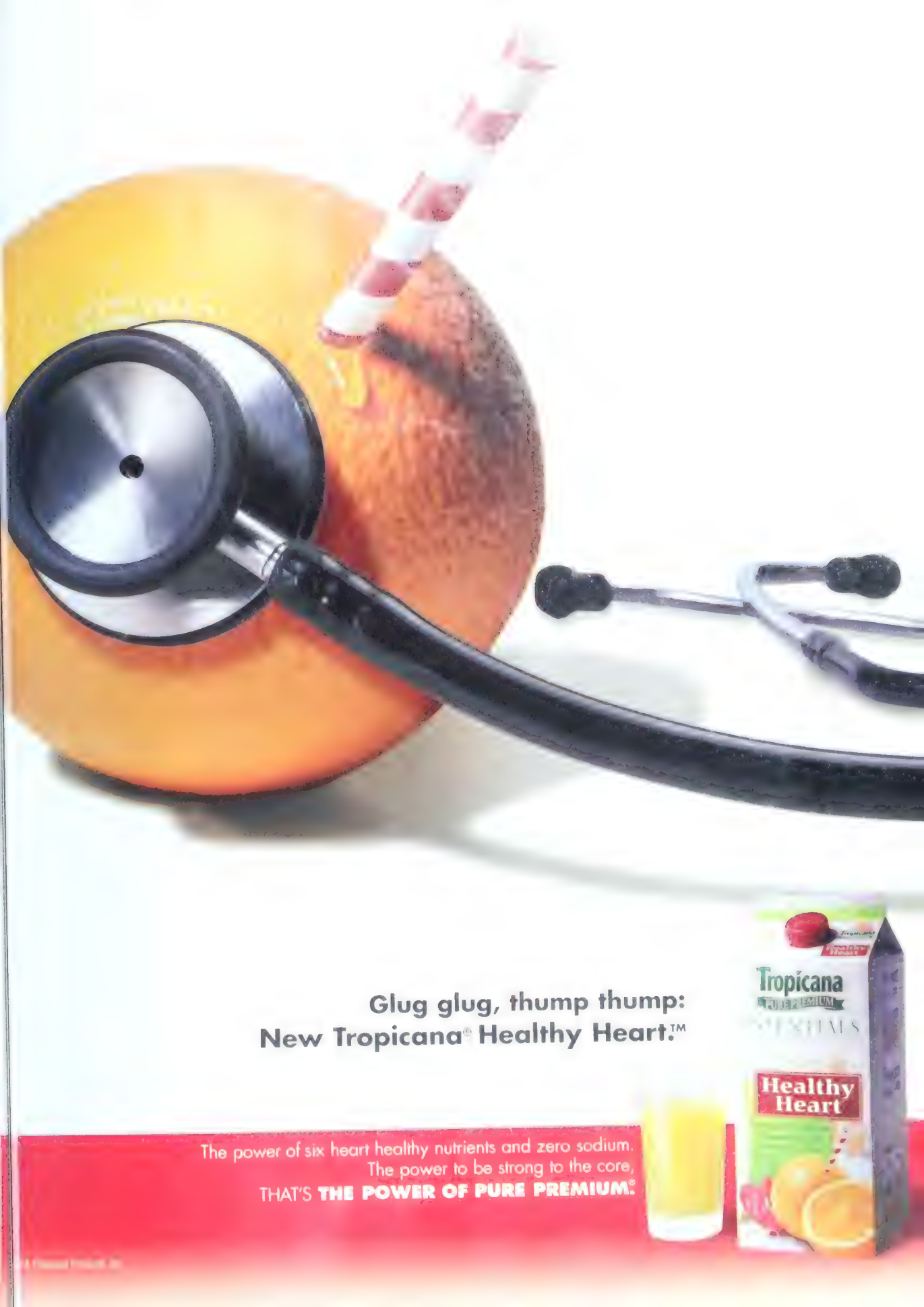
Men with coronary artery disease are often treated with angioplasty, a minimally invasive procedure that uses a small flexible tube, or stent, to open clogged arteries. But now it appears that a mere 20 minutes a day on an exercise bike may be more effective than angioplasty at preventing a subsequent heart attack, according to a report in the March 2004 issue of *Circulation*. The study involved 101 men ages 70 and younger, all of whom had at least a 75 percent narrowing of one artery, who were randomly assigned to either the exercise regimen or the standard procedure. After a year, both groups had an improvement in symptoms of chest pain, but 88 percent of the men who exercised were spared a heart attack, compared with 70 percent of the men who underwent angioplasty, an 18 percent advantage. Because this was a small study, it's too early to suggest all men swap angioplasty for exercise. But meanwhile, adding exercise to medical treatment is always a good move.

DRINK AND BE MERRY

Cardiologists typically advise men with high blood pressure not to imbibe alcohol because heavy consumption can raise blood pressure. But new research suggests that light to moderate drinking reduces the risk of death from heart disease among this group of men. A study of 14,000 male physicians over age 40 with hypertension found that those who had one to two drinks a day (any type of alcohol) were 44 percent less likely to die of heart disease over a five-year period than hypertensive men who rarely or never drank.

The results, published in the *Archives of Internal Medicine*, were no surprise to lead researcher J. Michael Gaziano, M.D., a cardiologist at Brigham and Women's and the Veterans Affairs hospitals in Boston. "It didn't make sense that these people should avoid alcohol completely," he says. "In more than 100 studies, light to moderate drinking reduced the risk of death from any cause." This protection is probably due to the fact that alcohol raises levels of good cholesterol, which helps reduce the amount of plaque in the arteries. While official guidelines aren't likely to change soon, it can't hurt to talk to your doctor about the benefits and risks of moderate drinking.

Discover more tips on preventing heart disease at: www.lhj.com/hearthealth


Glug glug, thump thump:
New Tropicana® Healthy Heart.™
Tropicana
PURE PREMIUM
Healthy Heart
The power of six heart healthy nutrients and zero sodium.
The power to be strong to the core,
THAT'S THE POWER OF PURE PREMIUM.®

He sits at a desk all week, then hits the courts or track on the weekend. Mix in a hefty dose of denial about not being a kid anymore, and you've got a recipe for sore muscles, torn ligaments and inflamed joints

Oh, His Aching Back!



Roy Leavitt, 46, has had pain in his right knee since college, when an opponent slammed into his leg during a basketball game. In the quarter century since that night, Leavitt, a social-services executive from Brooklyn, New York, has continued to play basketball, acquiring a list of injuries that includes repeated sprains in both ankles, a hyperextended elbow, jammed fingers on both hands, a permanently dislocated pinky, and a strained right rotator cuff.

But it was the knee problem that threatened to sideline him about a year ago, when in the middle of a driving jump shot (during a long-standing weekly pickup game), Leavitt's right leg simply gave way beneath him, and sharp, intense pain shot through his upper leg from knee to hip. His doctor diagnosed acute tendonitis, prescribed an anti-inflammatory CONTINUED ON PAGE 164



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Presenting Strattera, the first FDA-approved non-stimulant ADHD medication

Thanks to non-stimulant Strattera, Attention-Deficit/Hyperactivity Disorder (ADHD) may never look the same again.

- Clinically proven to effectively treat all symptoms of ADHD, such as inattention and/or hyperactivity/impulsiveness.
- Can be taken once or twice a day for full-day relief of ADHD symptoms from school through family time, without causing insomnia in most children and adolescents.
- Because Strattera is a non-controlled prescription medication, it offers the convenience of phone-in refills between physician visits.
- Strattera is part of a total treatment program.

So ask your doctor today if non-stimulant Strattera is right for your child. To find out more, contact us at strattera.com or call toll-free 1-877-777-4040.

Safety Information: Your child should not take Strattera at the same time or within two weeks of taking an MAOI, or if he or she has narrow angle glaucoma. Tell your doctor if your child has a history of high or low blood pressure, increased heart rate, or any heart or blood vessel disease.

Some children may lose weight when starting treatment with Strattera. As with all ADHD medications, growth should be monitored during treatment.

Most children in clinical studies who experienced side effects were not bothered enough to stop using Strattera. The most common side effects were upset stomach, decreased appetite, nausea or vomiting, dizziness, tiredness, and mood swings. Strattera has not been tested in children under 6 years of age.

See prescribing information on adjoining page

non-stimulant

strattera®
atomoxetine HCl

Lilly

INFORMATION FOR PATIENTS ABOUT STRATTERA CAPLC

STRATTERA™ (atomoxetine HCl)

What is STRATTERA?

STRATTERA is [illegible] Hyperactivity Disorder (ADHD). STRATTERA contains atomoxetine hydrochloride, a selective norepinephrine [illegible] (ADHD).

What is ADHD?

ADHD has 3 main types of symptoms: inattention, hyperactivity, and impulsiveness. Symptoms of inattention include not paying attention, making careless mistakes, not listening, not finishing tasks, not following directions, and being easily distracted. Symptoms of hyperactivity and impulsiveness include fidgeting, talking excessively, running around at inappropriate times, and interrupting others. Some patients have more symptoms of hyperactivity and impulsiveness while others have more symptoms of inattentiveness. Some patients have all 3 types of symptoms.

Symptoms of ADHD in adults may include a lack of organization, problems starting tasks, impulsive actions, daydreaming, daytime drowsiness, slow processing of information, difficulty learning new things, irritability, lack of motivation, sensitivity to criticism, forgetfulness, low self-esteem, and excessive effort to maintain some organization. The symptoms shown by adults who primarily have attention problems but not hyperactivity have been commonly described as Attention-Deficit Disorder (ADD).

Many people have symptoms like these from time to time, but patients with ADHD have these symptoms more than others their age. Symptoms must be present for at least 6 months to be certain of the diagnosis.

Who should NOT take STRATTERA?

Do not take STRATTERA if:

- you took a medicine known as a monoamine oxidase inhibitor (MAOI) in the last 2 weeks. An MAOI is a medicine sometimes used for depression and other mental problems. Some names of MAOI medicines are Nardil® (phenelzine sulfate) and Parnate® (tranylcypromine sulfate). Taking STRATTERA with an MAOI could cause serious side effects or be life-threatening.
- you have narrow angle glaucoma, an eye disease.
- you are allergic to STRATTERA or any of its ingredients. The active ingredient is atomoxetine. The inactive ingredients are listed at the end of this leaflet.

What should I tell my doctor before taking STRATTERA?

Talk to your doctor before taking STRATTERA if you:

- have or had liver problems. You may need a lower dose.
- have high blood pressure. STRATTERA can increase blood pressure
- have problems with your heart or an irregular heartbeat. STRATTERA can increase heart rate (pulse).
- have low blood pressure. STRATTERA can cause dizziness or fainting in people with low blood pressure.

Tell your doctor about all the medicines you take or plan to take, including prescription and non-prescription medicines, dietary supplements, and herbal remedies. Your doctor will decide if you can take STRATTERA with your other medicines.

Certain medicines may change the way your body reacts to STRATTERA. These include medicines used to treat depression [like Paxil® (paroxetine) and Prozac® (fluoxetine)], and certain other medicines (like quinidine). Your doctor may need to change your dose of STRATTERA if you are taking it with these medicines.

STRATTERA may change the way your body reacts to oral or intravenous albuterol (or drugs with similar actions), but the effectiveness of these drugs will not be changed. Talk with your doctor before taking STRATTERA if you are taking albuterol.

How should I take STRATTERA?

- Take STRATTERA according to your doctor's instructions. This is usually taken 1 or 2 times a day (morning and late afternoon early evening).
- You can take STRATTERA with or without food
- If you miss a dose, take it as soon as possible, but do not take more than your total daily dose in any 24-hour period.

[illegible] time each day may help you remember.

[illegible] eral dosage strengths: 10, 18, 25, 40,

[illegible] e more than your prescribed dose

[illegible] safety information about STRATTERA

[illegible] r operating heavy machinery until you [illegible] affects you.

[illegible] if you are:

- [illegible] ant or planning to become pregnant
- [illegible] st-feeding. We do not know if STRATTERA can pass into your

What are the possible side effects of STRATTERA?

The most common side effects of STRATTERA used in teenagers and [illegible] over 6 years old are:

- upset stomach
- decreased appetite
- nausea or vomiting
- dizziness
- tiredness
- mood swings

Weight loss may occur after starting STRATTERA. It is not known if growth will be slowed in children who use STRATTERA for a long period of time. Your doctor will watch your weight and height. If you are not growing or gaining weight as expected, your doctor may change your treatment of STRATTERA.

The most common side effects of STRATTERA used in adults are:

- constipation
- dry mouth
- [illegible]
- decreased appetite
- dizziness
- problems sleeping
- sexual side effects
- problems urinating
- menstrual cramps

Stop taking STRATTERA and call your doctor right away if you get swelling or hives. STRATTERA can cause a serious allergic reaction in rare cases.

This is not a complete list of side effects. Talk to your doctor if you develop any symptoms that concern you.

General advice about STRATTERA

STRATTERA has not been studied in children under 6 years old.

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use STRATTERA for a condition for which it was not prescribed. Do not give STRATTERA to other people, even if they have the same symptoms you have.

This leaflet summarizes the most important information about STRATTERA. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information on STRATTERA that is written for health professionals. You can also call 1-800-LILLY-RX (1-800-545-5979) or visit our website at www.strattera.com.

What are the ingredients in STRATTERA?

Active ingredient: atomoxetine.

Inactive ingredients: pregelatinized starch, dimethicone, gelatin, sodium lauryl sulfate, FD&C Blue No. 2, synthetic yellow iron oxide, titanium dioxide, and edible black ink.

Store STRATTERA at room temperature.

This patient information summary has been approved by the US Food and Drug Administration.

Literature issued January 17, 2003

PV 3740 AMP

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Lilly **Eli Lilly and Company**
Indianapolis, IN 46285
www.strattera.com

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Fibromyalgia: New Discoveries for Symptom Relief

If you experience symptoms like chronic pain in muscles, joints and soft tissue, all-encompassing fatigue, memory/concentration problems, sleep difficulty, headaches, and skin sensitivity, you may suffer from Fibromyalgia.

The Fibromyalgia Revelation reveals the latest, vital facts on all-natural, alternative, and medical ways to gain relief. You'll discover special techniques for beating symptoms: 3 ways to relieve pain all-over, what to do about tender spots, the best secret for getting a good night's sleep, managing bladder and bowel problems, and addressing depression.

The book uncovers ***important keys for relief*** foods that help and ones to avoid, what trace minerals you *need*, how specific herbs bring welcome support

[illegible] book today! Send name, address, copy of ad, with check or money order for $14.95, *plus $3.25 P&H (CA residents add $1.08 sales tax)*. Credit cards: Send card number and expiration date. Mail to: United Research Publishers, Dept. FI-LH-A4, 132 N. El Camino Real, Encinitas, CA 92024
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Reverse Memory Loss

New Discoveries Increase Mental Power

If you isolate yourself socially because you feel you have lost the edge, are embarrassed by forgetfulness, have problems remembering simple or complex information, or lose-out from "absentmindedness," then *The Memory Rejuvenation Handbook* will give you powerful new help.

This new book shows you how to reverse and recover mental sharpness and why memory loss is NOT a natural part of aging.

Using the latest brain and learning research, the book reveals how to enrich recall and add mental sharpness. You'll learn new ways to boost memory power, the single most important factor to lock-in information, how to memorize a 10-item list in 60 seconds, and how a 3-step memory process increases learning speed.

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[illegible] suffer from constipation, bloating, diarrhea, stomach cramps, heartburn, pain and discomfort. You should know about [illegible]

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OH, THE PLACES YOU'LL HURT!

BODY PART: **Shoulder**
INJURY: Rotator cuff tear
WHY IT HAPPENS: This set of muscles and tendons connects the arm to the shoulder joint. Partial or complete tears can be brought on by heavy lifting, repetitive overhead motions, a traumatic fall or age-related degeneration of the tissue.
HOW TO FIX: Cortisone shots are often prescribed; severe tissue damage may require surgery. A regimen of stretching and strength exercises, with medication, may suffice. Icing regularly also helps.

BODY PART: **Back**
INJURY: Herniated disk
WHY IT HAPPENS: This injury occurs when the gel-like material inside the disks (which separate the vertebrae) protrudes and pushes against the nerves. Simple aging is one cause, as is lifting too much weight, lifting or bending improperly and making other awkward movements.
HOW TO FIX: Rest, medication (pain relievers, muscle relaxants and anti-inflammatory drugs) and physical therapy usually do the trick. Surgery is needed only in extreme cases.

BODY PART: **Foot**
INJURY: Stress fractures
WHY IT HAPPENS: These minuscule cracks in foot bones generally result from excess activity and muscle fatigue, often after participation in high-impact sports (jogging, basketball). The problem is aggravated by wearing inappropriate shoes.
HOW TO FIX: If ignored, stress fractures can turn into full-scale breaks. They usually heal with rest and a hiatus from the risky activity. An orthopedist may suggest short-term use of protective foot gear.

BODY PART: **Knee**
INJURY: Torn ligament
WHY IT HAPPENS: The anterior cruciate ligament (ACL) is a strong cord of tissue that helps attach the thighbone to the shinbone. It can tear if someone changes direction sharply, stops suddenly or twists the knee, often while playing a sport that demands quick shifts in movement.
HOW TO FIX: Unlike many tissues, the ACL seldom heals without surgery. Recovery may take up to a year and require serious physical therapy.

Prevention Is the Best Cure

Stretching and warming up before an activity are both crucial for avoiding injury, yet many men neglect the latter. "You want to raise the muscle temperature with an activity that brings on a light sweat," says orthopedic surgeon Nicholas DiNubile, M.D., who suggests running in place or doing jumping jacks for five minutes.

medication and some therapeutic exercises, and warned that if the pain persisted, surgery was next. He also gently suggested that the aging jock might want to hang up his jersey.

"My wife agreed," says Leavitt. "She said, 'This is nature's way of telling you that you're too old for this game.' But as soon as the pain receded to a dull ache, I was back on the court."

Leavitt is one of legions of middle-aged men who suffer from "boomeritis," a term doctors use to describe the constellation of aches, pains and injuries that are starting to afflict the 76 million-strong baby-boom generation born between 1946 and 1964. In a 2000 report, the U.S. Consumer Product Safety Commission found that the number of sports-related injuries requiring medical treatment incurred by 35- to 54-year-olds jumped from 778,000 in 1991 to more than 1 million in 1998. "This generation is really the first to try to stay active and young on aging frames," says orthopedic surgeon Nicholas DiNubile, M.D., a professor of medicine at the University of Pennsylvania, in Philadelphia. "And we're starting to see the result of that." Moreover, according to a study published last year in the journal *Injury Prevention*, men suffer such injuries at more than double the rate that women do.

This gender gap, as with so many areas in which men and women diverge, is partly a function of biology and partly the result of cultural expectations of male behavior. "I'm convinced that testosterone, competitiveness and aggressiveness have a lot to do with the way men push themselves past their limits," says Mari[illegible] Legato, M.D., director of the [illegible]ership for Gender-Specific Med[illegible] Columbia University in New York [illegible] Here there's CONTINUED



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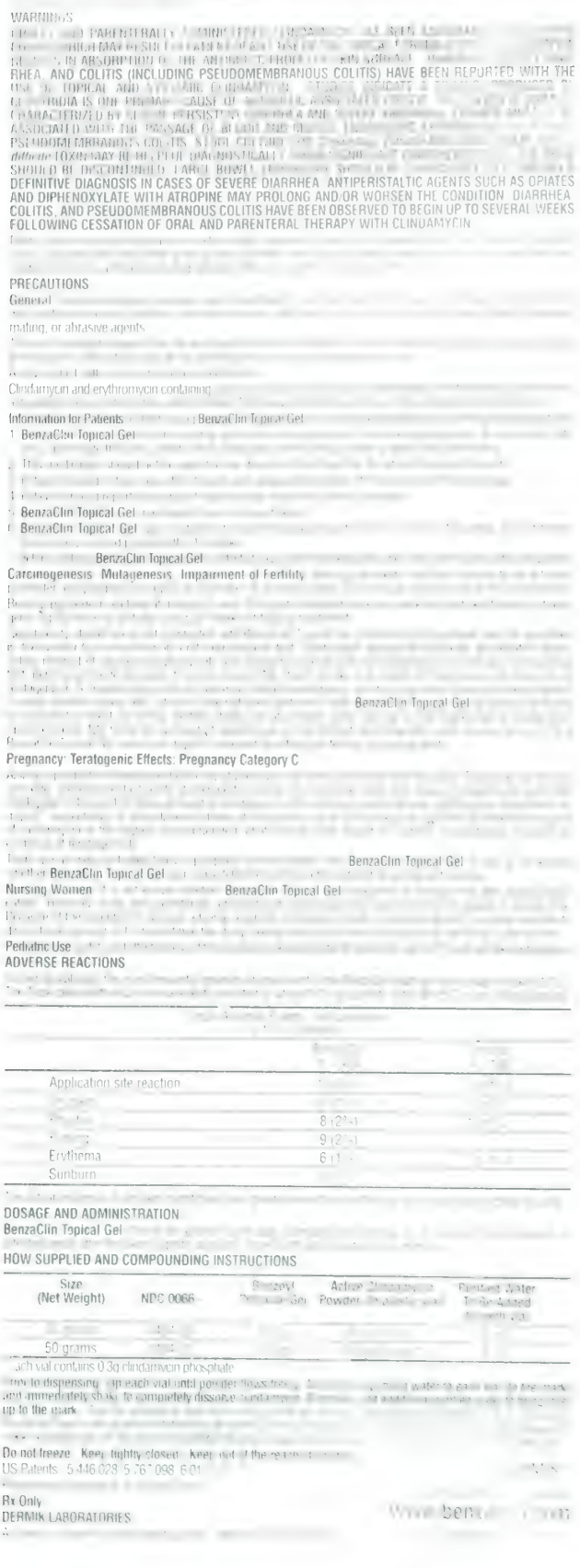


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BenzaClin Topical Gel

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Nursing Women — BenzaClin Topical Gel

Pediatric Use

ADVERSE REACTIONS

Application site reaction	8 (2%)
	9 (2%)
Erythema	6 (1%)
Sunburn	

DOSAGE AND ADMINISTRATION

BenzaClin Topical Gel

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Each vial contains 0.3g clindamycin phosphate

prior to dispensing, tap each vial until powder flows freely. Add water to each vial to the mark and immediately shake to completely dissolve. Continue adding water to each vial up to the mark.

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men, yet—that they must

and keep moving in the face of pain. Women, on the other hand, are encouraged to listen to their bodies and to stop if something hurts."

Dr. DiNubile says he treats four times as many men of that generation as women. "The imbalance has to do with the fact that men this age have been playing sports longer and therefore have beaten up their bodies more," he says. "Having experienced injuries as adolescents sets them up for problems down the line in the same parts of their bodies."

Many baby boomer women, in contrast, came of age before the explosion of organized girls' sports ushered in by Title IX of the Higher Education Act, passed in 1972), and thus were largely spared this sort of wear and tear. But even in adulthood, notes Dr. DiNubile, men and women differ in their approach to physical activity. Women, he says, tend to be more vigilant about stretching, varying their activities and not overexerting themselves. "At the gym, women are more likely to ask for advice from a trainer," he says, "whereas men, as we know, don't like to ask for directions. Women will do a balanced workout, while men are apt to overwork their 'mirror muscles'—the biceps, shoulders and chest. Plus, women are less likely to run out and play a contact sport with someone 10 or 20 years their junior to prove they can still keep up."

Younger men also suffer a disproportionate number of sports-related injuries compared with women, but the musculoskeletal system becomes more vulnerable as one ages. Soft tissues, such as muscles, tendons and ligaments, become less flexible and more prone to fraying and tearing, and the disks that separate and cushion the vertebrae of the spine begin to degenerate, compromising their ability to protect the back.

Moreover, when injuries occur, an older body requires more time to recover, and recovery may be less than total. The same activity that caused no problems for a 25-year-old may well traumatize the body of a more mature person. And here, too, the psychology of baby boomers and their well-documented reluctance to acknowledge the inevitability of aging comes into play. "A guy might think, I used to run five miles a day," says Julie Gilchrist, M.D., a sports-injury specialist at the Centers for Disease Control and Prevention, in Atlanta. "But if he hasn't run recently, setting off for a five-mile jog is not a good idea. Yet you'd be surprised how many men do just that."

Indeed, many injuries arise from the so-called "weekend warrior" syndrome. "What I see most are

strains and other injuries in guys who sit around all week, then on weekends try to play a sport as if they were 20 again," says Marc Safran, M.D., director of the sports medicine program at University of California–San Francisco Medical Center. And when they do hurt themselves, he adds, many men do not seek immediate attention. "Many patients show up only when the pain has become too great for them to go out and play again."

REAL MEN DO

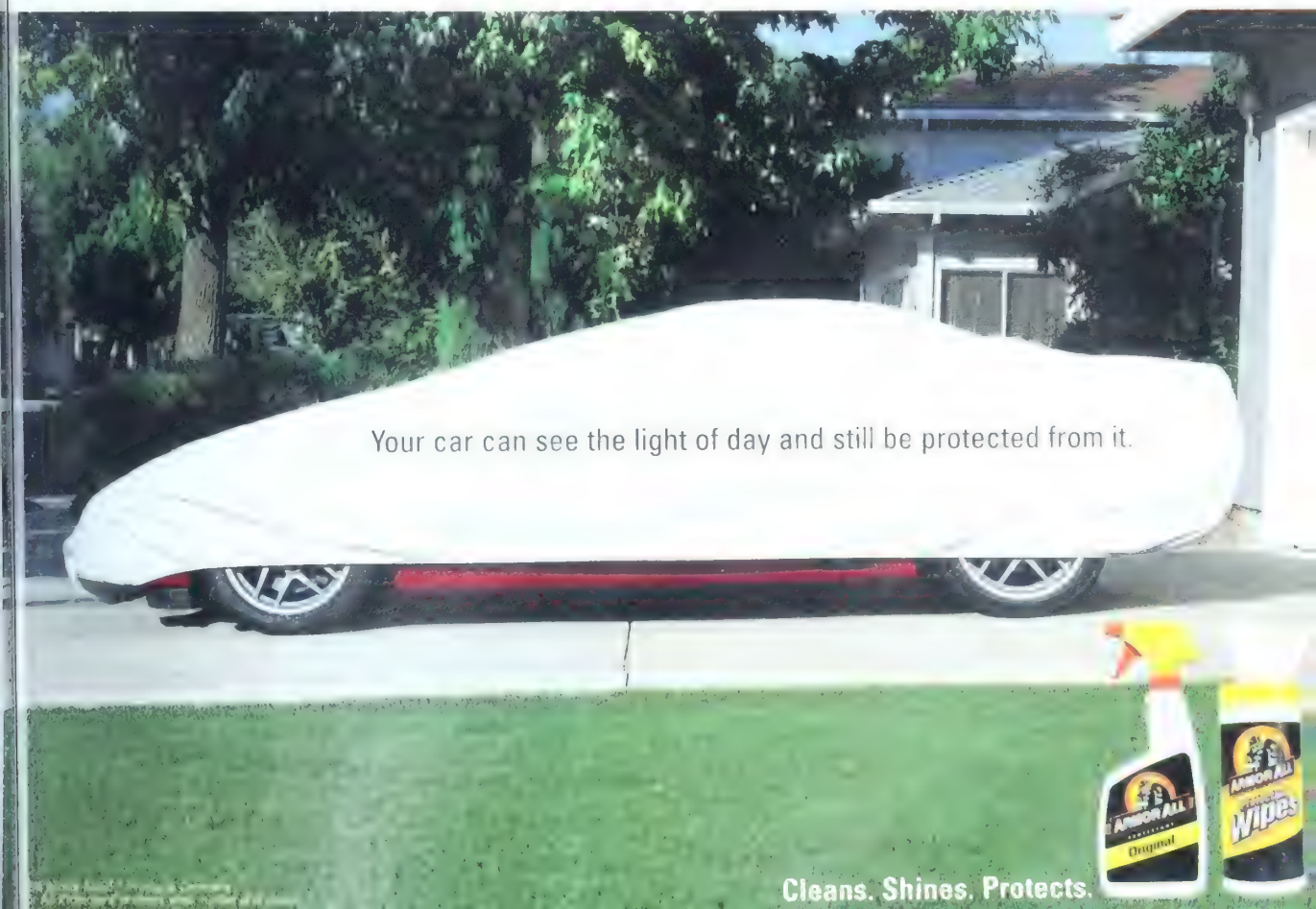
Doctors routinely recommend physical therapy for middle-aged men with both major and minor injuries, either as part of post-surgical recovery or as a way to recover without resorting to surgery. And increasingly, many urge their patients to take up body-movement practices such as yoga and Pilates, long popular with boomer women, to promote flexibility, strength and relaxation while improving the musculoskeletal system.

And plenty of men are heeding the call without a doctor's advice. "Many men turn to yoga because their lives are sedentary or because they've injured themselves playing a sport and can no longer move easily," says Currie McLaughlin, a San Francisco–based yoga instructor who works with boomer-age men. "Not only do these guys regain some flexibility, they also discover a great antidote to stress."

"I never thought I'd do yoga," says Jack Hale, 47, a dedicated athlete from Cleveland who played competitive tennis as a youth and still plays at least once a week. "But my wife [illegible] twice a week and haven't had a major [illegible]"

Ultimately, of course, the key to avoiding injury is moderation, a concept baby boomers have never been big on. "Sure, guys get want to have fun," says I. Martin Levy, M.D., chief of sports medicine at Montefiore Medical Center in New York City. "But when they try too hard, they end up hurting themselves. The most important factor in any kind of athletic pursuit is knowing your limitations—and then abiding by them."

Prevent back pain with these stretches. Go to: www.inf.com/backpain





A Checkups Checklist

A clip-and-save guide to important medical tests he needs—and when

TEST/EXAM	WHEN HE SHOULD HAVE IT
[illegible] discuss medical history and lifestyle concerns, such as smoking and level of physical activity.	From ages 20 to 39, every three years; from 40 to 49, every two years; from 50 and on, generally every year, depending on his health status.
Measures levels of various components of the blood to determine general state of health.	Age 40 is a good time to begin. How often after that depends on his health. After 50, an annual check is important.
Blood Measures pressure the heart generates when pumping blood into the arteries (systolic, the top number) and the pressure of blood in the arteries when the heart relaxes between beats (diastolic, lower number).	Men 20 and older should be tested every year.
Blood test that measures total cholesterol, levels of "bad" LDL and "good" HDL cholesterol, and triglycerides.	Starting at age 20, at least every five years, and more often for anyone with risk factors for heart disease, such as smoking, diabetes, family history of heart disease, or high blood pressure or cholesterol.
Colonoscopy The most highly recommended procedure for early detection of colorectal cancer. Involves examination of the rectum and entire colon via a lighted flexible scope. Any polyps, benign growths that can become malignant, can be removed at the same time.	Starting at age 50, every five years, and more often if an abnormality is detected. Men 20 and older should have an annual digital rectal exam to check both their prostate gland and for blood in the stool.
A simple blood test that measures the level of sugar (glucose) in the blood after an eight-hour fast.	Starting at age 45, or earlier if he has symptoms such as excessive fatigue or thirst, unexplained weight loss, frequent urination or bruises that are slow to heal. Every three years thereafter if results are normal; annually if he is overweight or has high blood pressure.
[illegible]ocardiogram (ECG) A test that measures the heart's electrical signals and diagnoses abnormalities of heart function.	Men 50 and older or those under 50 with cardiac risk factors, such as high blood pressure or cholesterol, when doctor suspects a previous heart attack or problems in the heart's chambers. Repeat according to his health status.
Exercise An electrocardiogram-like test of heart function before, during and after a period of increasingly strenuous exercise on a treadmill or other machine.	Starting at age 50, or before 50 if he has cardiac risk factors, or to determine if symptoms such as chest pain or shortness of breath are due to heart disease. Repeat as needed.
A blood test that measures the level of prostate-specific antigen, or PSA, which, when elevated, may signal cancer.	Starting at age 50 and older, once a year.
A visual and manual check of the testicles for lumps or thickenings.	Monthly self-exam beginning at age 15. A doctor should also perform this check as part of a general physical.

BY LESLIE LAURENCE

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What's Normal, What's Not...in Bed

Easy explanations for a motionally charged issue, a man's diminished sex drive. And yet, the reasons might be completely physical

Q: My husband is 42, and we've [illegible] sex life. But [illegible] unable to [illegible] at all. It's been two weeks now, and still nothing. [illegible] ED—or could it be a sign [illegible] problem?

A: Usually ED begins gradually. But since your husband seems to have become impotent overnight and has remained that way, he should get a medical evaluation to check for a urological or prostate problem. Diabetes can also cause ED, as can many medications, such as tranquilizers, antidepressants and those for lowering blood pressure or cholesterol. ED can also be a sign, especially in men 50 and older, of atherosclerosis, or hardening of the arteries. The arteries to the penis are like the arteries to the brain or heart and are subject to the same problems caused by high cholesterol, high blood pressure, obesity, lack of exercise, smoking, etc.

A study published in CONTINUED



[illegible]VEY B. SIMON, M.D.

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e see next page for additional important information

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C NAIL LACQUER (ciclopirox) Topical Solution 8% once daily (preferably at bedtime) to all with the applicator brush provided. Apply the lacquer evenly over the entire nail. Where to dry (approximately 30 seconds) before putting on socks or stockings. After applying medication, wait 8 hours before taking a bath or shower.

3. Apply PENLAC NAIL LACQUER (ciclopirox) Topical Solution 8% daily over the previous coat.

4. PENLAC NAIL LACQUER (ciclopirox) Topical Solution, 8%, with alcohol. Remove as much as possible of the damaged nail using scissors, nail clippers, or nail files.

5. Repeat process (steps 2 through 4).

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the *Journal of the American College of Cardiology* found that most men in their mid 40s who had ED but no known health problems had subtle abnormalities in the smooth muscles of their artery walls. The finding suggests that men with ED should be evaluated and treated more aggressively for such conditions as high blood pressure or high cholesterol, which are risk factors for cardiovascular disease.

Q: my husband has high blood pressure and occasional ED. Can he take Viagra or another of the drugs I've been hearing so much about? What are the differences, and are they equally safe?

A: There are three similar drugs for ED on the market now: Viagra, Levitra and Cialis. They are all quite safe for healthy men. They are even safe for men with high blood pressure or heart disease, provided they are not taking any nitrate medication (often prescribed for chest pain, or angina)—the combination can cause a rapid drop in blood pressure and lead to a loss of consciousness or even a heart attack or stroke. These drugs may also interact with other medications, too. About 70 percent of men with ED respond well to Viagra, Levitra or Cialis. For diabetics the response rate is closer to 50 percent.

All three drugs basically increase blood flow to the penis. They do not *create* erections, but they improve the erectile *response* to sexual stimulation. The man still needs to be stimulated in whatever way works for him before he will get an erection. They are prescription

drugs, they're expensive and there are side effects, such as headache, facial flushing, stomach upset, blue tinged vision or even an erection that will not subside. (An erection that lasts longer than four hours is a serious medical emergency.)

Viagra, as the first to become available, is being promoted as the drug with the longest proven record of safety and effectiveness. Levitra's active ingredient is more potent than Viagra's, so it tends to produce similar results at a smaller dose, and it acts a little more quickly. Cialis's major selling point is that it is effective for about a day and a half, so some men prefer it to the other two, the effects of which generally disappear after four to six hours. Because of that perceived advantage, Cialis has earned the nickname "the weekender." The hitch is that it takes longer to kick in, and the drug's side effects can also last significantly longer.

Q: Do men's erections [illegible] firm as they used [illegible] to be the case with my husband? He attributes the [illegible] stress, but I worry that [illegible] find me attractive anymore.

A: Most people, as they grow older, experience gradual changes in their sexuality. Starting in their 40s, men may have a decrease in desire, may take longer to become aroused, their erections may be a little less firm, their orgasms a little less intense, and it may take longer before they're ready to do it all over again. That's all normal, and it also parallels changes in women's desire and sexual response. It doesn't mean your husband doesn't find you attractive or that you can't have satisfactory intimacy and sex. But if it bothers either of you, he should talk to his doctor.

Q: [illegible]

As I have mentioned, treatment that acts directly on the arteries in the penis, increasing blood flow to produce an erection without requiring sexual stimulation to work. One, Caverject, uses a drug called alprostadil that is self-injected right into the penis using a very fine gauge needle. It's not as difficult or painful as it sounds, and once men are instructed in how to do it, the treatment has a success rate of 80 to 90 per cent. The side effects are pretty minimal, mostly bruising and brief discomfort. The same medication is available in pellets that a man can insert in his urethra—also not as bad as it sounds. Another treatment that's really effective with no side effects is a simple vacuum pump, available over the counter without a prescription. It draws blood into the penis, thereby producing an erection. But although there are a number of good alternatives, there are also some bad choices. For example, don't waste your money on ineffective herbal "remedies."

Q: [illegible] my husband [illegible]

A: Make sure he knows that you are bringing this subject up out of concern for his health and because you want to improve sex and intimacy for both of you. Offer him warmth and support; don't seem frustrated or accusatory. Remind him that sexual problems are normal and usually mild, and that there are good treatments available.

[illegible]
Learn more about [illegible] sexual health issues. Visit: www.[illegible].com



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Men Who Hate to Go to the Doctor...

and the Women Who Love Them

BY DAVE BARRY

I started aging rapidly last week. Until then, I had been aging steadily at the rate of about one year per year, with a few exceptions, such as during the party where I drank bourbon from John Cooper's shoe while standing in the shower. When I woke up on the lawn the next morning, I discovered that I had aged nearly a decade.

But after that I felt pretty good until last week, when I went in for my annual physical examination. I get an annual physical exam about once every six years. I'm reluctant to do it more often because of the part where the doctor does A Horrible Thing.

Middle-aged guys know what I mean. You're in the examining room, and the doctor has been behaving in a nonthreatening manner, thumping on your chest, frowning into your ears, etc., and the two of you are having a normal guy conversation about how George Steinbrenner should get, at minimum, the electric chair, and you're almost enjoying your physical examination when, without warning, the doctor reaches into a drawer and pulls out: The Glove.

Suddenly, you notice that the doctor looks vaguely like Vincent Price, and the room lights are flashing, and the music system, which had been playing [illegible] the doctor is holding up his hand, which [illegible]



ture eggplant and has sprouted eight or nine extra digits, and he's struggling to pull on The Glove, which has developed a life of its own, snarling and writhing like some kind of evil mutant albino squid. And now the doctor is turning to you, his eyes glowing like beer signs, and he's saying "Turn around, *hahahahahahaha*" and you're thinking, Oh no, please, [illegible]

Once I was getting examined, and when it came time for The Glove, the doctor brought in, for training purposes, another doctor who happened to be a member of the extreme opposite sex, and the two of them were back there chatting away about various points of interest like a pair of guides on a glass-bottom-boat tour. When it was over, all I wanted was a grocery bag to wear over my head until I could get a new identity through the federal Witness Protection Program.

But last week I got through The Glove [illegible] I got through al most everything; the only problem the doctor found—this was *not* during the glove exam—was excessive earwax, which in many cultures is considered a sign of virility. So I was feeling good, ready to schedule my next appointment for late 2010 and sprint for the exit, when the doctor looked at my cardiogram and made that "hmm" noise that doctors are taught in medical school so they won't come right out and say, "*Uh*-oh!"

"You have an abnormal cardiogram," he said.

He said a lot of stuff after that, but I missed most of it because I was looking around the room for a good place to faint. I do remember the doctor gesturing at an explicit diagram of the human heart and talking about a condition called a "branch bundle blockage" (or maybe he said "bundle branch blockage"), which is caused by the heart valves being connected improperly to the distributor wires. Or something like that. I wasn't really following him. I felt the way I do when the guys at my service station, Sal and CONTINUED

WWW.LHJ.COM



I found the strength to be their guardian angel.

www.procrit.com

If you're on chemotherapy and too tired to do the things you need to do, you may be anemic and not even know it. It's important to talk to your doctor. The fact is anemia affects 7 out of 10 chemo patients, often causing extreme tiredness, dizziness and shortness of breath. It can even affect your ability to think clearly and may cause you to interrupt your treatment. Fortunately though, there's PROCRIT. It treats chemo-related anemia by helping you regain red blood cells lost during chemotherapy. And more red blood cells can mean more strength. Help your doctor help you get back to what's important by asking about PROCRIT.

PROCRIT is for chemotherapy-related anemia in patients with most types of cancer. PROCRIT is proven and safe. PROCRIT is available by prescription only and is injected by your doctor or nurse. In studies, diarrhea, edema, fever, vomiting, shortness of breath, tingling, and upper respiratory infection occurred more often with PROCRIT than placebo. Although high blood pressure has been noted rarely in cancer patients treated with PROCRIT, blood pressure should be monitored carefully, particularly in patients with a history of high blood pressure or heart disease. Please see the following brief summary of Prescribing Information.

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TALK TO YOUR DOCTOR OR CALL 1-877-4PROCRIT.

Manufactured by Amgen Inc., Thousand Oaks, CA 91320-1799 Distributed by: **Ortho Biotech Products, L.P.**, Bridgewater, NJ 08807-0914

Bill, are attempting to explain what's wrong with my car.

"Look at this!" Sal will say, picking up a filth-encrusted object that for all I know is a fragment of Mayan pottery. "Your postulation valve has no comportment!"

"No comportment at all!" affirms Bill, genuinely disgusted that such a thing could happen in 21st-century America.

"And look at this here!" says Sal, thrusting the thing at me.

"Your branch bundle is blocked!" says Bill.

"You have two weeks to live!" says the doctor.

No, the doctor didn't really say that. He said that an abnormal cardiogram is perfectly normal, and it's probably nothing to worry about, but just in case, he wanted to schedule a test where I run on a treadmill and then they inject atomic radiation into my body and frown at the results.

"Fine!" I said, trying to appear composed, which was difficult because by that point I was sitting on the floor.

So now I'm waiting to take my test, and I'm feeling old. I'm experiencing every one of the 147 Major Warning Signs of Heart Trouble, including Chest Pains, Shortness of Breath, Tendency Not to Notice That the Traffic Light Has Changed and Fear of Ordering French Fries. Also, my heart has taken to beating very loud, especially late at night. Perhaps you have heard it. "Stop beating your heart so loud!" is what I am sure the neighbors are yelling. Fortunately, I cannot hear them, on account of my excessive earwax condition.



Anti-Aging Breakthrough

Better than Botox?

"Who would have thought a stretch mark remover would turn out to be the anti-wrinkle breakthrough of the decade!"

In a remarkable turn of events, arguably one of the strangest in the history of cosmetics, women across the country are putting a stretch-mark reducing emulsion called StriVectin-SD on their face to get rid of fine lines, wrinkles and crows' feet. And, if consumer sales are any indication of a product's effectiveness, StriVectin-SD is nothing short of a miracle. Women are telling a growing number of "Boomer" mom are buying so much StriVectin-SD that finding a tube at your local cosmetic counter has become just about impossible. Has everyone gone mad? Well... not really.

Scientific Breakthrough or Dumb Luck?

Although StriVectin-SD was already backed by clinical trials documenting its ability to visibly reduce the depth, length, discoloration and roughness of certain stretch marks, the success of StriVectin-SD as an anti-wrinkle cream was "dumb luck" says Cathy Gay, spokesperson for Klein-Becker, StriVectin-SD's exclusive distributor.

"When we first handed out samples of the StriVectin formula to employees and customers participating in our market research, the sample tubes were simply marked 'topical cream' with the lot number underneath," Ms. Gay explains. "As the samples were passed to friends and family, the message became a little muddled and some people used it as a topical cream as a facial moisturizer. Now, instead of receive feedback from users, like 'I look 10 years younger' and 'my crows' feet are gone,' we knew we had something more than America's most effective stretch-mark reducer. The point was driven home as store owners began reporting that almost as many people were purchasing StriVectin as an anti-wrinkle cream as were buying it to reduce stretch marks."

Dr. Daniel B. Mowrey, Klein-Becker's Director of Scientific Affairs, says, "Clearly, people were seeing results, but we didn't have a scientific explanation for why the stretch-reduction was occurring. Because [illegible] the incredibly positive reports, I started using it myself – applying StriVectin to my face after shaving." Dr. Mowrey adds. "On a personal note, my wife [illegible] haven't looked this good in years."

Dumb Luck Strikes Again!

[illegible] a series of studies detailing the superior wrinkle-reducing [illegible] a patented oligo-peptide named Pal-KTTKS versus retinol, vitamin C, and placebo, on "photo-aged skin" was presented. "As luck would have it," Dr. Mowrey states, "the wrinkle-reducing oligo-peptide tested in the breakthrough clinical trials turned out to be a key active ingredient in the StriVectin cream."

In the trials, subjects applied the patented peptide solution to the crows' feet area on one side of the face and [illegible] containing either retinol, vitamin C or a placebo to the [illegible] side.

Subjects in the Pal-KTTKS/retinol study applied the cream once a day for 2 months and then twice a day for the next 2 months. Using special image analysis, the study's authors reported "significant improvement" in wrinkle depth, length, wrinkle volume, and skin roughness for those women using the peptide solution.

Better yet, at the 2-month halfway point, the peptide solution thickened skin nearly 1.5 times faster than retinol, and without the inflammation retinol often causes in sensitive skin. As was expected, the results of the remaining studies confirmed that the Pal-KTTKS solution's [illegible] in reducing the appearance of fine lines and wrinkles far exceeded both vitamin C and placebo.

A smoother, younger complexion, less irritation, fewer wrinkles, and faster results — all without expensive and painful peels, implants or injections.

Better than Retinol and Vitamin C, But Is StriVectin-SD Better than Botox®?

Dr. Nathalie Chevreau, Director of Women's Health at [illegible] for Klein-Becker, explains, "Many researchers believe less invasive cosmetic alternatives are better than Botox [illegible] referred to as Botox Cosmetic. That's because [illegible] and relatively quick, continued results, while the effects of injections, facial peels, and [illegible] wear off, [illegible] and [illegible] the [illegible] and redness [illegible] but better.

"Furthermore," Dr. Chevreau continues, "Botox has been approved by the FDA for an extremely limited [illegible] the appearance of deep frowns' [illegible] the [illegible] and [illegible] such as headache, temporary eyelid droop, and nausea.' The active ingredient [illegible] on the other hand, has been shown to [illegible] reduce the appearance of fine lines and facial wrinkles (including crows' feet) that can [illegible] and wrinkles Botox treatments leave behind.

In other words, StriVectin-SD helps give you a youthful, healthy, glowing complexion faster than retinol, far superior to vitamin C, and without irritation, needles, or surgery.

[illegible] face, don't think they've gone off the deep end... they may be smarter than you think.

Having a hard time finding StriVectin-SD?

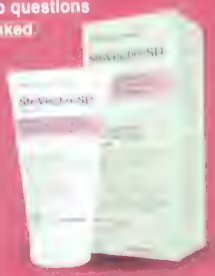
If you've been searching for StriVectin-SD, you already know it's become almost impossible to find. Don't bother with Neiman Marcus, they don't have it; Saks 5th Avenue might be able to order it for you... Your best bets are SEPHORA shops, PARISIAN, Lord & Taylor [illegible] (they always try to keep it in stock) or, believe it or not, the pregnancy section of your local GNC or high-end supplement retailer. To be absolutely sure, you can order StriVectin-SD directly from Klein-Becker at:

1-800-500-8971

or order online at

www.StriVectin.com.

Since StriVectin-SD was designed as a stretch-mark reducing formula, it comes in a large, 6-ounce tube. At $135.00, StriVectin-SD is not cheap... but when used as a wrinkle-remover, one tube will last approximately six months. By the way, StriVectin-SD is backed by Klein-Becker's money-back guarantee. If StriVectin-SD doesn't make your skin look younger, healthier, and more vibrant, simply return the unused portion within 30 days for a full refund... no questions asked.



Call 1-800-500-8971 or order online at www.StriVectin.com.

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[illegible]

dy References

[illegible]



Welcome to the Garden Party

Gather your friends for a [illegible] that will also help your garden grow!

PHOTOGRAPHS BY [illegible] BUCK
RECIPES AND FOOD STYLING BY LORI POWELL TEXT BY CAROLINE STANLEY

Celebrate spring and everything green by throwing an herb-garden party! Whether you have a spacious backyard or just pretty window boxes, now is a great time to plant herbs, as many of them love sunshine.

Ask guests to bring an assortment of herb plants for a kitchen garden, such as thyme, sage or basil, and herb or gardening books, seed packets and accessories, such as gloves or a kneeling mat, to help you plant your garden. (Check out *www.smithandhawken.com* and the Herb Society of America at *www.herbsociety.org* for ideas.) Decorate the table with garden touches: Use sprigs of rosemary to adorn each person's plate, or use herb planters as table centerpieces. Continue the theme with a colorful menu of garden fare that includes crudités with zesty herb dip and delightful vegetable tartlets made with the freshest produce. After a light bite, invite everyone to step outside to enjoy lemonade and get the planting under way.

It'll take anywhere from 10 to 30 days for some herbs, such as dill and parsley, to sprout, and it's simple to store CONTINUED











Plan a green theme for your garden party by incorporating herb plants and gardening tools into your party decor (below). Produce-packed dishes such as Crudités With Green Goddess Dip (left) and Green Pea and Yellow Squash Tartlets (above) will have guests rushing home to start their own herb gardens! Be sure to provide your guests with a cool glass of lemonade (bottom left)

THE MENU

Crudités with Green Goddess Dip

Green Pea and
Yellow Squash Tartlets

Beet and Mâche Salad

Sweetened Summer Berries

Lime Cornmeal
Shortbread Cookies

harvested herbs for future use. Once they're snipped from the plants, wash, dry, wrap them in damp paper towels and place them in a resealable plastic bag. Then invite your planting friends over again to taste a delicious meal made with your fresh home-grown herbs. Until then, here are five easy, make-ahead recipes using the best ingredients the season has to offer.

Crudités with Green Goddess Dip

SERVES 8
Prep time: 30 min **Total time:** 35 min

Kitchen cue: Serve these tasty vegetables as crudités, such as baby carrots, celery sticks, bell pepper strips and endive leaves. Prepare these vegetables 1 day ahead, then wrap them in damp paper towels and store in resealable plastic bags in the fridge. Dip can be made up to 1 day ahead; chill covered.

- 1½ cups mayonnaise
- ½ cup sour cream
- 1 cup chopped flat-leaf parsley
- ¾ cup chopped chives
- 1 tablespoon finely chopped bottled or canned flat anchovy fillets
- 4 teaspoons chopped fresh tarragon
- ½ teaspoon minced garlic

◆ Combine all ingredients in a food processor or blender and pulse until mixture just begins to turn pale green. Season to taste with freshly ground black pepper. Transfer dip to a bowl, cover with plastic wrap and keep chilled. Serve with crudités. Makes about 4 cups.



Green Pea and Yellow Squash Tartlets

MAKES 20 TARTLETS SERVING 8
Prep time: 40 min **Total time:** 1¼ hrs

Kitchen cue: Tartlet shells can be baked 1 day ahead. When they've cooled, arrange them in airtight containers. Tartlets are best served at cool room temperature.

- 5 prepared pie sheets (from 3 boxes, 15 oz. each), thawed if frozen
- 1½ cups half-and-half
- 3 large eggs
- 2 large egg yolks
- ½ cup finely grated Parmigiano-Reggiano
- 1 teaspoon freshly grated lemon zest
- ¾ teaspoon coarse salt
- ½ teaspoon freshly ground black pepper
- 1 cup frozen peas, thawed
- 1 small yellow squash (8 oz.)

Pea shoots for garnish

◆ Unfold 1 sheet of dough on a lightly floured surface. Cut into a 13-inch round, ⅛-inch thick. With a 5½-inch biscuit cutter or inverted bowl, cut 4 circles from pastry, reserving scraps for another use. Repeat with remaining pastry in same manner to yield 20 rounds total.

◆ Preheat oven to 375°F. Fit each dough round into nonstick muffin tins, gathering sides slightly to fit, but keeping edges sticking straight up out of muffin cups. Press and seal the seams so that the dough comes up evenly around all sides (any gaps in dough should be tightly sealed so that custard doesn't leak through). Prick bottom of pastry lightly with a fork and freeze for 15 minutes.

◆ Bake tartlet shells in upper and lower thirds of oven until golden in bottom of shells, 10 to 12 minutes. Transfer shells in tins onto a rack to cool.

◆ Reduce oven heat to 350°F. Combine half-and-half, whole eggs, egg yolks, Parmigiano-Reggiano, zest, salt and pepper in jar of blender. Puree custard until smooth. Transfer half of custard (about 1½ cups) to a glass measuring cup and

CONTINUED

BRING OUT

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Creamy Mashed Cauliflower
(3 g of carbs per serving)

5 cups cauliflower florets
1 1/2 qts. water
1 clove garlic (opt.)
1/4 cup Best Foods® Mayonnaise
1/4 tsp. salt

Steam cauliflower and garlic for 15 minutes or until tender; drain. Blend or food process cauliflower, garlic, mayo and salt until creamy. Garnish with pepper.

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reserve. Puree remaining custard in blender with peas and blend until very smooth. Transfer pea custard to another glass measure.

◆ Grate enough of yellow squash to measure ¾ cup, reserving remaining squash for garnish. Rinse blender jar and blend reserved custard with grated squash until smooth. Pour squash custard into 10 baked tartlet shells within ⅛ inch of top edge of shell (about ¼ cup), being careful not to overfill or tarts will stick to tin. Fill remaining half of baked shells with pea custard in same manner. You may have a little of each custard left depending on the shape of your shells.

◆ Bake tartlets in upper and lower thirds of oven, until edges are set and centers slightly tremble, about 17 minutes. Transfer tarts in tins to racks to cool. Carefully remove shells from tins.

◆ Garnish tartlets with pea sprouts and ribbons of squash (cut with a vegetable peeler from remaining squash). Serve warm or at room temperature.

Per serving (green pea): 260 calories, 7 g saturated fat, 280 mg sodium, 24 g

Per serving (yellow squash): 250 calories, saturated fat, 264 mg sodium, 23 g carbohydrates, 76 mg calcium, 0 g fiber

SERVES 8
Prep time: 20 min **Total time:** 1 hr 20 min

lium beets

1 tablespoon tarragon vinegar or

lespoons olive

spoon finely chopped fresh tarragon

◆ Trim stems, leaving 1 inch of stems attached. Cover beets with cold water by 2 inches in a 5- to 6-quart pot and boil, uncovered, until tender, 40 to 45 minutes (adding more water if necessary). Drain beets and let cool. Cut stems from beets with a small sharp knife, then peel and discard skin from beets. Cut beets into wedges.

◆ Mound mâche alongside beets on a platter and drizzle with vinegar and oil. Sprinkle both with tarragon and salt and pepper to taste. Serve at room temperature.

Per serving: 70 calories, .5 g saturated fat, 58 mg sodium, 8 g carbohydrates, 32 mg calcium, 1 g fiber

SERVES 8
Prep time: 10 min **Total time:** 25 min

Kitchen cue: Use a whisk to whip up some tened with a little sugar, and tartness of the berries.

4 cups raspberries
2 cups blueberries
2 cups blackberries
¼ cup sugar
up fresh lime juice
¼ teaspoon salt

Combine all ingredients in a bowl and gently stir until just combined. Let fruit stand at room temperature, stirring occasionally, for at least 15 minutes (up to 1 hour to macerate the combination of sugar and citrus juice softens and infuses flavor in the fruit). Serve chilled or at room temperature.

rving: 95 calories, 0 g saturated fat, sodium, 24 g carbohydrates, 28 mg calcium, 5 g fiber

Cornmeal Cookies

MAKES ABOUT 3 DOZEN COOKIES
Prep time: 15 min **Total time:** 1 hr

Kitchen cue: To get the finest peel possible from , we used a microplane zester, available . If you don't have a zester, use the smallest holes of a hand-held box grater.

1½ cups all-purpose flour
⅓ cup yellow cornmeal
¼ cup cornstarch
½ teaspoon baking powder
½ teaspoon salt
2 sticks unsalted butter, softened
1 cup confectioners' sugar plus additional for dusting
½ teaspoon vanilla extract
2 tablespoons fresh lime zest
1 tablespoon fresh lime juice

◆ Preheat oven to 325°F. Whisk together flour, cornmeal, cornstarch, baking powder and salt. Beat butter in a large bowl with an electric mixer until light and fluffy. Beat in sugar on low speed until smooth. Add vanilla, zest and juice until combined well. Add flour mixture and beat on low speed a few seconds until just combined. Gently knead mixture just until it forms a dough.

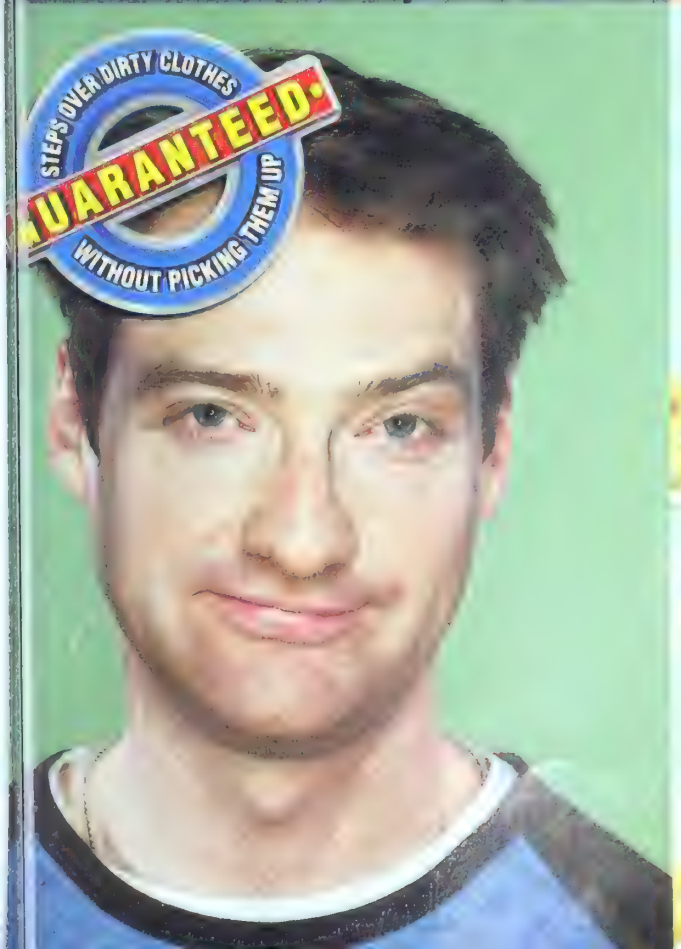
◆ Arrange tablespoon-size balls about 2 inches apart on cookie sheets and flatten slightly with palm of hand to form 1 x inch disks.

◆ Bake cookies in upper and lower thirds of oven, switching pans halfway through baking, until golden, about 15 minutes. Let cookies cool for 5 minutes on cookie sheets. Transfer cookies with a spatula to racks to cool completely. Dust cookies with confectioners' sugar.

Per serving: 130 calories, 5 g saturated fat, 60 mg sodium, 14 g carbohydrates, 10 mg calcium, 0 g fiber

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Grilled Seasoned Strip Steaks With Herbed Salsa and Grilled Corn on the Cob With Chili Lime Butter

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Grilled Portobello Mushrooms With Goat Cheese and Arugula

SERVES 4

Prep time: 15 min **Total time:** 30 min

Kitchen cue: Intended as a light main course, this recipe can also be served as an appetizer. Splurge on the cheese and you'll get at least two more helpings.

- 3 tablespoons red-wine vinegar
- 2 teaspoons Dijon mustard
- ½ cup olive oil
- 4 large (5 inches in diameter) portobello mushroom caps
- 4 oz. goat cheese at room temperature
- 1 small (5 oz.) bunch baby arugula, coarse stems trimmed
- 16 grape tomatoes, halved lengthwise, about 1 cup

◆ Whisk together vinegar and mustard with salt and pepper to taste. Add oil in a [illegible] and emulsified.

◆ Arrange mushroom caps stem-side up on a plate and drizzle with half of vinaigrette. Season with salt and pepper to taste.

◆ Preheat grill. Grill mushroom caps on a lightly oiled rack, stem-side up, uncovered, over moderately high heat until underside is softened and golden brown, about 5 minutes. Turn caps over and grill until just tender, about 4 minutes more. Turn caps over and top each with a 1-ounce round of goat cheese. Continue to grill, spreading goat cheese slightly with a spatula, until cheese is slightly melted, about 1 minute. Transfer caps to serving plates.

◆ Put arugula in a bowl and toss with enough vinaigrette to coat. Mound salad on top of mushroom and sprinkle with tomatoes. Drizzle any remaining vinaigrette over and around mushroom.

Per serving: 380 calories, 9.5 g saturated fat, 220 mg sodium, 8 g carbohydrates, [illegible] g fiber

Maple Soy Glazed Salmon

SERVES 4

Prep time: 10 min **Total time:** 25 min

Kitchen cue: Leave the skin on the salmon while grilling to prevent it from drying out; just [illegible]. Recent concerns about polluted waters make wild salmon a safer [illegible] than the farm-raised variety.

- ⅓ cup pure maple syrup
- 3 tablespoons fresh lime juice
- 2 tablespoons soy sauce
- 2 tablespoons olive oil
- 1 tablespoon finely chopped garlic
- 4 salmon fillets, 1¼-inch thick (6 to 7 oz. each)
- 3 bunches green onions, trimmed to 7 inches in length

◆ Whisk together first 5 ingredients in a bowl until combined well. Pour half of marinade in a glass pie plate or dish just large enough to hold salmon, reserving remaining marinade.

◆ Preheat grill. Put salmon in dish and turn to coat. Let fish marinate, turning occasionally, at room temperature for 20 minutes.

◆ Grill fish, skin-side up, on a lightly oiled rack over moderate heat, uncovered. Turn once until golden brown and just cooked through, for 10 to 12 minutes total. Grill green onions, laying them crosswise on a lightly oiled rack, season with salt and pepper to taste and grill, turning once, until just tender, about 3 minutes.

◆ Meanwhile, bring remaining marinade to a boil in a small saucepan and simmer 1 minute. Serve salmon over green onions drizzled with sauce.

Per serving: 495 calories, 5 g saturated fat, 636 mg sodium, 24 g carbohydrates, 90 mg calcium, 1 g fiber

Grilled Herbed Chicken Breasts

SERVES 4

Prep time: 20 min **Total time:** 50 min

Kitchen cue: We rubbed herbs under the skin to flavor the meat and prevent [illegible].

- ¼ cup finely chopped fresh mint
- 2 teaspoons finely chopped fresh thyme

CONTINUED

Speaking of cross-dressing...ever use my all-natural salad dressing as a marinade?

Paul Newman

Shockingly, the whole idea of using my salad dressing for something other than salad is not as unnatural as it seems. I use virgin olive oil and herbs and spices so fresh you'll be tempted to slap them. But don't. Instead, turn a humble chicken breast into "poulet," dress up a London broil, and give the slightest shrimp a superiority complex. So next time you're having doubts about dinner, just cross-dress.

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Herbed Chicken Breasts and Grilled Small Potatoes With Lemon and Thyme

1½ teaspoons finely chopped fresh rosemary
2 teaspoons olive oil
2½ tablespoons fresh lemon juice
4 chicken breast halves with skin and bones (about 2¼ lbs.)

◆ Stir together herbs, oil and tablespoon juice. Rinse, then pat chicken dry. Working at one end of chicken breast, gently work your fingers between skin and meat, without tearing, to form a pocket under skin. Rub one-fourth of herb mixture evenly under skin of each breast. Season chicken with salt and pepper to taste.

◆ Preheat grill. Grill chicken on a lightly oiled rack, skin-side down, uncovered over moderate heat until golden brown, about 10 minutes. Do not let chicken burn. Turn chicken and sprinkle with remaining juice, cover grill and continue to cook until cooked through, about 15 minutes more. Transfer to a serving platter.

Per serving: 305 calories, 3.5 g saturated fat, 101 mg sodium, 4 g carbohydrates, 50 mg calcium, 2 g fiber

Grilled Seasoned Strip Steaks With Herbed Salsa

SERVES 4

Prep time: 15 min **Total time:** 50 min

4 one-inch-thick strip steaks (10 oz. each)
2 teaspoons ground cumin
1 teaspoon coarse salt
1 firm ripe mango, peeled and pitted
3 tablespoons fresh lime juice
¼ cup finely chopped fresh cilantro
¼ cup finely chopped shallot or onion
1 tablespoon finely chopped fresh oregano
½ teaspoon finely chopped garlic
¼ cup olive oil

◆ Pat steak dry and put on a plate. Stir together 1 teaspoon cumin and ½ teaspoon salt, and sprinkle on steak to coat. Let steak sit at room temperature for 15 minutes.

◆ Finely chop enough of mango to measure ½ cup. Whisk together juice, cilantro, shallot, oregano, garlic, oil, and remaining 1 teaspoon cumin and ½ teaspoon salt. Stir in mango. Reserve salsa.

◆ Preheat grill. Grill steaks on a lightly oiled rack, uncovered, over moderately high heat, turning once, for 8 to 10 minutes total for medium rare. Let stand 10 minutes.

◆ Serve steaks topped with salsa.

Per serving: 770 calories, 18.5 g saturated fat, 691 mg sodium, 10 g carbohydrates, 60 mg calcium, 1 g fiber

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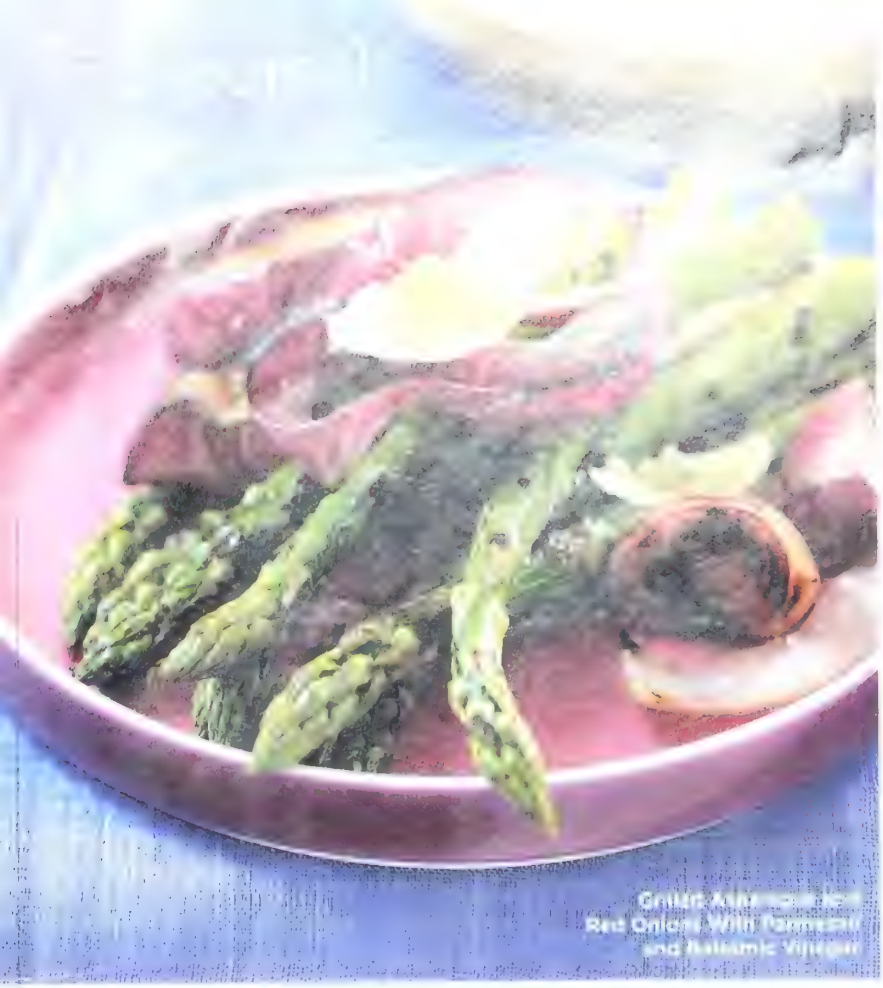
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Grilled Asparagus and Red Onions With Parmesan and Balsamic Vinegar

SERVES 4

Prep time: 10 min **Total time:** 25 min

[illegible] easily. This method eliminates the possibility of losing any veggies between the grill [illegible]

- 1 lb. medium (½- to ¾-inch wide) asparagus, trimmed
- 6 wooden skewers (8 inches long) soaked in water
- 1 large red onion, cut into four ¾-inch-thick slices
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons balsamic vinegar
- ⅓ cup Parmesan shavings, shaved with a [illegible] ¼ lb. piece

◆ Divide asparagus into 2 bundles. Align each bundle in a flat row with ends at the same level. Thread 2 skewers crosswise through each bundle in lower third of stems, where thickest, to form a solid mat. Thread remaining 2 skewers horizontally through onion slices, 2 per skewer. Brush asparagus and onions with 1 tablespoon oil and sprinkle with salt and pepper to taste.

◆ Preheat grill. Grill vegetables uncovered, on a lightly oiled rack over moderate heat, brushing occasionally with 1 tablespoon vinegar, turning, until tender, 12 to 15 minutes total.

◆ Remove vegetables from skewers and drizzle with remaining oil and vinegar, and sprinkle with Parmesan shavings.

[illegible] serving: 160 calories, 3.5 g saturated fat, 235 mg sodium, 9 g carbohydrates, [illegible]

Grilled Small Potatoes With Lemon and Thyme

[illegible]

Prep time: 5 min **Total time:** 30 min

[illegible] *flavor, and the result is* [illegible]

Your Wine & Dine Guide

Grilling delivers a smoky quality to your food, so choose a hearty wine to match. David Frieser, owner of Beekman Liquors, a wine shop in New York City, suggests selecting wines with plenty of acidity; low-acid wines tend to get overwhelmed by grilled foods. Here are our recommendations:

Kendall-Jackson Vintner's Reserve Sauvignon Blanc 2002, California, $10
This is a refreshingly crisp white with fresh herbs and notes of melon and pear.

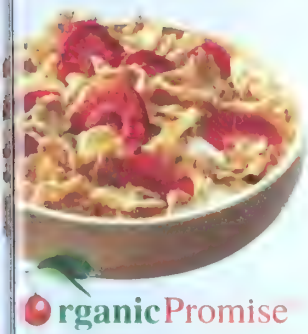
Francis Coppola Presents Bianco 2002, California, $9
A blend of Pinot Grigio, Chardonnay and Sauvignon Blanc creates a rich white with the flavor of honeydew, as well as a hint of ripe citrus and oak.

Gallo of Sonoma 2002 Sonoma County Syrah, $13
The smoky black pepper, cherry and vanilla tastes of this red will enhance the spice of the well-seasoned recipes featured here.

Trapiche Malbec 2003, Argentina, $7
A lively combination of earthy flavors in this red is balanced with hearty oak and plum.

Alice White Cabernet-Shiraz 2003, Australia, $7
Half Cabernet Sauvignon and half Shiraz make this a bold, [illegible] bodied red with satisfying cinnamon notes.

Here's our entire Organic Credo: Yum.



Spoon up *Kashi's Organic Promise*® *Strawberry Fields*™ cereal and you'll taste sun-sweetened berries. Crisp rice. Hearty wheat. Because we harvest our ingredients at the peak of ripeness for the fullest flavor. And we keep out all chemicals, pesticides and preservatives. Our fruits and grains are all USDA certified organic, but you'll simply certify them delicious.



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Goldilocks & the Three Bears
A Classic



Same Story.



Bacon & Tomato Shells



Cheeseburger Mac



Deep Dish Pizza Casserole

Tonight discover three ideas that make the most of one already great thing–like irresistibly creamy Velveeta® Shells and Cheese. There are three delicious ideas on the back of every box and each dish takes less than 30 minutes. This one's just right.

Three Ideas. One Box. KRAFT Cooking! That's Kraft Cooking.



1½ lbs. small (1½ inches in diameter) new potatoes, halved
4 very thin slices of lemon
4 sprigs fresh thyme
1½ tablespoons olive oil
1 sheet (18-inch-square) heavy-duty aluminum foil
1 tablespoon fresh lemon juice or to taste

◆ Toss potatoes, lemon and thyme in a bowl with oil until well coated. Sprinkle with salt and pepper to taste.
◆ Arrange potatoes on aluminum foil in a single layer in the shape of a square. Bring up sides of foil and seal edges by rolling them together to make an airtight, flat square packet.
◆ Preheat grill. Place foil packet on rack over moderate heat, uncovered, shaking packet and turning occasionally, until potatoes are tender and golden brown, about 20 minutes (let potatoes stand wrapped in foil 5 minutes, then carefully open packet to check doneness, since hot steam will escape). Transfer potatoes to a serving bowl, toss with lemon juice and salt and pepper to taste.

Per serving: 170 calories, .5 g saturated fat, 11 mg sodium, 29 g carbohydrates, 27 mg calcium, 4 g fiber

Grilled Corn on the Cob With Chili Lime Butter

SERVES 6
Prep time: 15 min **Total time:** 35 min

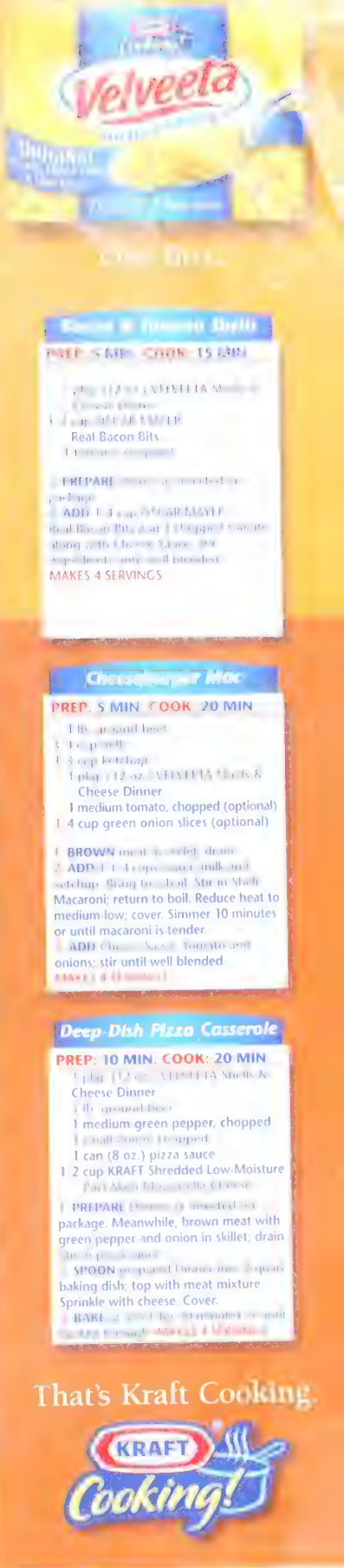
Kitchen cue: If you want a more subtle grilled flavor, don't pull back the husks during the grilling process. Leave the corn completely covered by the husk and cook until tender.

6 ears corn
4 tablespoons unsalted butter
2 teaspoons coarse salt
¼ teaspoon chili powder
Pinch cayenne pepper
2 tablespoons fresh lime juice

◆ Pull husks back from corn, keeping them attached at base, and discard silk. Push husks back over corn and soak in cold water 10 minutes.
◆ Melt butter in a small saucepan with salt, chili powder and cayenne. Cook mixture, stirring, at a bare simmer for 1 minute. Remove pan from heat and stir in lime juice.
◆ Preheat grill. Drain corn, pull husks back and pat corn dry. Brush with half of chili butter and push husks back over corn. Grill on a lightly oiled rack, uncovered, turning occasionally, over moderately high heat, until tender, about 12 minutes. Transfer corn to a plate. Pull back husks and brush corn with remaining chili butter. Continue to grill corn, turning, until tender, about 2 minutes.

Per serving: 145 calories, 5 g saturated fat, 507 mg sodium, 18 g carbohydrates, 8 mg calcium, 3 g fiber

LHJ.com Find more hot-off-the-grill recipes at www.lhj.com/grill



Ground Pepper

A dash of this versatile spice can enhance any dish—as long as you know the right pepper to pick.



Tired of the same old daily grind? Peppercorns, which are actually berries that grow on pepper and rose plants, are the world's most popular spice. Although there are several varieties of peppercorns—each with its own distinctive taste—here's a look at three American favorites.

Black peppercorns: Being dried in the sun turns these unripe peppercorns black and shrivels their skin to create a pungent oil that gives them a hot, sharp, full-bodied flavor. After crushing or grinding, sprinkle on hearty foods, such as grilled red meats, portobello mushrooms or to give a finishing touch to your favorite salad.

White peppercorns: The oil-bearing outer skin is removed from these peppercorns before drying, which makes them less aromatic and milder than black peppercorns. Mostly used in pale-colored foods, such as creamy soups and white sauces in which you don't want black flecks to appear, white peppercorns add plenty of zip.

Pink peppercorns: Pink peppercorns, which are sold either dried or in brine, have a soft outer skin and a fruity flavor. They are great for salad dressings and seafood.

4 Great Grinders

To get the perfect consistency, here are our favorite mills:



This William Bounds mill has a wide range of consistently even grinds, from very fine to coarse. $30*



This lacquer mill's compact shape gives you a noticeably comfortable grip. $40**



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